



PROSPER: A COMMUNITY CENTRIC WELLNESS CENTER IN THE HEART OF FRANKLINTON

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BSD - Interior Design, 2021



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PROPOSAL

What is the framework for designing a community centric wellness center focused on designing for health equity?

The purpose of this research is to study how to design an inclusive healthcare facility that is open to everyone regardless of socioeconomic status or income level. From the research and articles read, a framework was created for community-centric wellness centers focused on health equity for those who are struggling with health disparities. Doing this will help create an environment that is safe for all users and ultimately help give access to healthcare to those that do not have it. Access to healthcare and health insurance is a continuing problem in the United States. 10.9% of United States residents do not have health insurance, making it extremely hard to get access to healthcare. (Tolbert, 2020) Three out of ten Americans that don't have health insurance decide to not seek out care when needed solely based on fear of cost. How do we solve this?

Designing a community centric wellness center will encourage those who often times feel nervous or anxious about going to the doctor, to go to the doctor and take care of their bodies. Using evidence based design and elements and principles of biophilia, will create an inclusive

environment where everyone will feel welcomed to learn about their health. Due to Franklinton's poverty level and crime rate, getting access to affordable healthcare and preventative health education is difficult to do.

Evidence based research was used to put together a framework for a community centric wellness center. Incorporating elements of biophilia has shown significant influence on users health benefits. (14 Patterns of Biophilia) Community engagement is key in creating strong relationships between healthcare centers and the neighborhoods they are located in. It is pivotal that we create an environment that people feel safe in and that also educates them on the benefits of preventative healthcare. So that they can take this knowledge with them and continue to use it in their every day lives. Studies show that going to the doctor just once a year lessens the chances of getting sick. (PVHC, 2017) Therefore, "Prosper" will educate the residents of Franklinton about the proper forms of preventative healthcare while giving them a safe environment to be themselves.

SITE LOCATION

EAST FRANKLINTON ENGINE HOUSE NO. 10

Built: February, 1897

1897 - 2008:

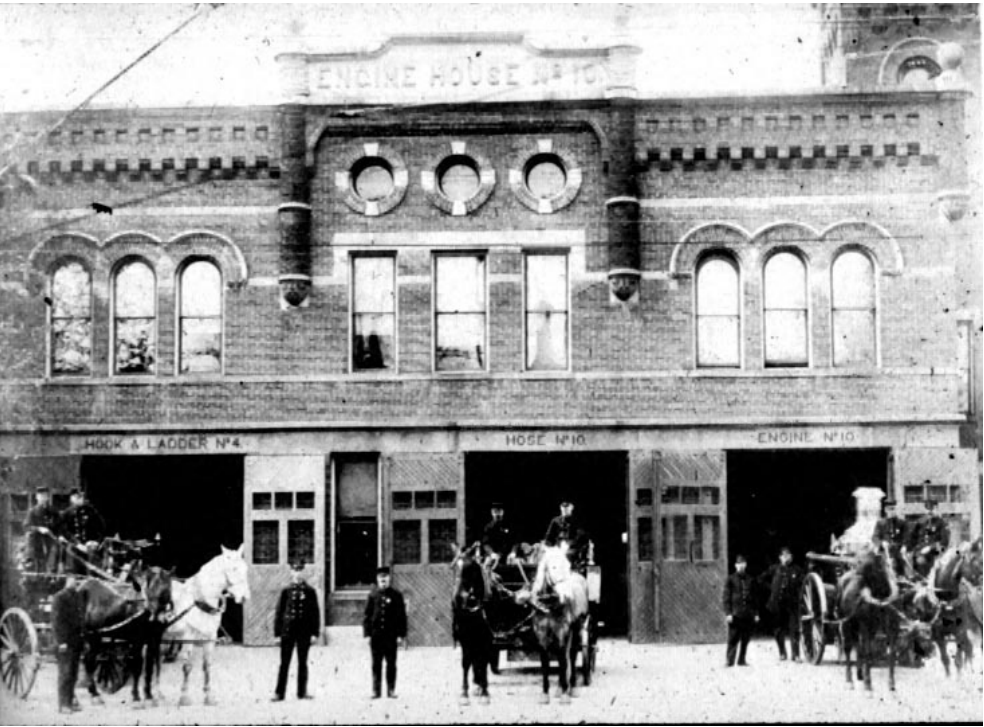
Engine House No. 10 was an operating firehouse to the city of Columbus until 2008. It is the longest operating firehouse in the city and was replaced with the new Engine House No. 10 that sits directly east of the original building.

Engine House No. 10 is said to be turned into a multi story apartment building for lower income families, but has not been approved for building by the city as of 2020. (Warren, 2020)



SITE DEMOGRAPHICS

ORIGINAL EXTERIOR - LATE 1800’S



EXTERIOR - MID 2019



Franklinton has a population of 15,844 people (Franklinton Demographics). Roughly 41% of families live at or below the poverty level (Cornerstone Management, 2013). It is commonly referred to as “The Bottoms” due to its positioning being located lower than the level of the Olentangy and being located after the Olentangy and the Scioto river collide, creating a strong river front when faced with heavy rains. It is also referred to as “The Bottoms” because it is know for being “home to those at the bottom of the socio-economic ladder” (Tierney, 2014).

The Franklinton community is located one mile west of the bustling city of Columbus. However, it is the most neglected city in the central Ohio area. Franklinton has been averaging 9-11% of its population with no health insurance, and the average life expectancy rate is only 67 years old. (Franklinton Demographics) On top of that, the COVID-19 pandemic has caused people who don’t have access to health insurance or healthcare a more dreadful experience attempting to get the service they need.



FRANKLINTON



SPECIFIC RESEARCH QUESTIONS:

PRIMARY:

What is the framework for designing a community centric wellness center focused on designing for health equity?

SECONDARY:

Can different elements of community centers be used to inform the design of healthcare centers to create a more inclusive environment?

Are there elements of biophilia that would benefit a community health center in the design but also the human connection?

What are health inequities and what causes them?

How can you implement the framework to use as a design tool for community health care centers?

TOPICAL RESEARCH AREAS USED FOR GATHERING INFORMATION:

COMMUNITY HEALTH:

- Frameworks For Evaluation Of Community Health Centers’ Services And Outcomes: A Scoping Review Protocol
- Introducing USAID’s New Community Health Framework
- Environmental Community Health Disparities and Environmental Justice

ENVIRONMENTAL: COMMUNITY CENTERS AND HEALTHCARE CENTERS:

- Wood As A Restorative Material In Healthcare Environments
- Wood And Wellness
- A Response To “An Interior Of Inclusion Or The Illusion Of Inclusion”

HEALTH EQUITY:

- The National Institute On Minority Health And Health Disparities Research Framework
- Structural Interventions To Reduce And Eliminate Health Disparities
- Social Determinants Of Health: Future Directions For Health Disparities Research
- Progress In Achieving Health Equity Requires Attention To Root Causes
- Back To The Future: Achieving Health Equity Through Health Informatics And Digital Health

CURRENT INDUSTRY KNOWLEDGE:

- Toward Humane Healthcare: Emotional Considerations In Regaining Patient Trust
- Hospitals Are Moving Into Their Communities
- Health Care And Its Communities
- Quantifying The Impact On Patient Experience

WHAT ARE HEALTH DISPARITIES?

Health disparities refer to differences in health and healthcare between diverse groups of the population. This is in regards to their social, economic, and/or their environmental disadvantages. Social disadvantages can include education, the neighborhood condition they live in, access to nutritious food, risk behaviors, governance and policy, and access to healthcare. (Palmer and Ismond, 2019) Economic disadvantages can include income levels, employment, expenses, support and debt someone might have (Artiga, Orgera, and Pham, 2020) Environmental disadvantages can include location of healthcare in relation to location of the individual, causes of pollution in the environment such as air and water quality are extreme fundamental determiners of people's health and wellbeing. (NIEHS, 2019)

The groups of people that are often times effected by these disparities can fall into groups based on race, ethnicity, immigrant status, disability, sex or gender, sexual orientation, geography, income level, and level of education. (Medicine Plus, 2020) Studies show that health status is poorer in Americans that have lower incomes, education, and social mobility. This is especially true for people of color. (Woolf, 2017) For example, African

American infants are twice as more likely as Caucasian infants to die before their first birthday. (Woolf, 2017.) On average, people that fit into these disadvantages often times live shorter lives and experience higher rates of disease, injury, and disability.

Health disparities usually originate from the conditions people live in outside the clinic. For example, children who live in unsafe areas cannot get daily exercise if the streets are unsafe. (Woolf, 2017.) In order to have good health one must have access to clean drinking water, clean air, and establishments that sell health and nutritious food.

Fortunately, health care facilities are starting to turn towards the community to figure out how to overcome health disparities in their community. Many facilities are staffing with social workers and therapists to better understand the social needs of the surrounding area. (Woolf, 2017)

WHAT IS HEALTH EQUITY?

A definition for the term health equity would be that everyone has a fair and just opportunity to be as healthy as possible. Everyone has the access to the healthcare they need, regardless of cost or need. (RWJ Foundation, 2017) Doing so means removing obstacles such as social, environmental and economic health disparities and making sure everyone regardless of race, ethnicity, disability, sex or gender, sexual orientation, immigrant status, geography, income level, or level of education has the opportunity to get the help they need.

In order to achieve health equity in healthcare facilities, connecting with the community is crucial. This will pave a pathway to understanding the social needs of the community the healthcare facility is located in. Many facilities will do focus groups and think-aloud sessions with community members prior to opening to make sure they are getting most, if not all, possible health disparities met for that specific community. (Brewer et al., 2020)

Creating environments that overcome health inequities is crucial to the future of health care practice. Meeting the patient where they are and connecting with the community is the best way in making sure that the

communities health disparities are taken care of. The highest success a healthcare facility can have is when the community surrounding it is fully vested and included in the development and implementation of different elements going into the overall program and services offered. (Brewer et al., 2020)

Patients want to be a part of the process. It is crucial to make your patients feel empowered. Establishing relationships with patients and making them understand that their time is valued creates positive feelings and stronger relationships between the community and the health care center. (Carter, 2021)

WHAT IS BIOPHILIA?

Biophilia is the practice of incorporating nature and natural elements into the built environment. It is a form of design that leverages aspects of nature within the built environment. Creating spaces that use biophilic elements have a significant impact on the users. It causes blood pressure to lower, stress to decrease, and enhances creativity and gives clarity to thought. (Terrapin Bright Green, 2014)

Biophilic design can be categorized in three sections - Nature in the Space, Natural Analogues, and Nature of the Space. Nature in the space refers to having a direct connection to nature. This could be a presence of water or thermal and airflow variability. Natural Analogues refers to forms of the space that are found in nature, and using materials that come from nature in the space. Lastly, Nature of the Space refers to humans capacity to feel and see past the built environment. Meaning, if the space offers refuge, a space where users can go for peace and quiet, a space to be with themselves. (Terrapin Bright Green, 2014) All three sections create 14 Patterns of Biophilia.

14 PATTERNS OF BIOPHILIA:

NATURE IN THE SPACE:

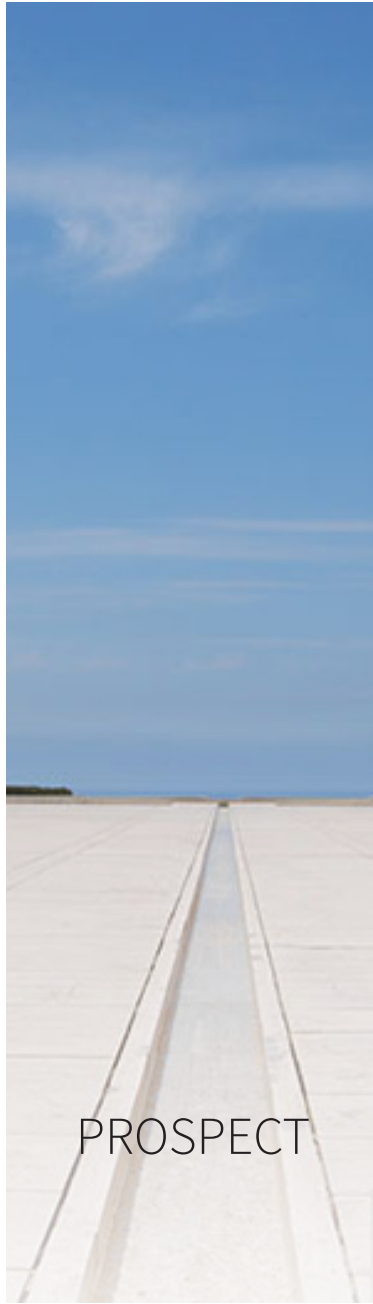
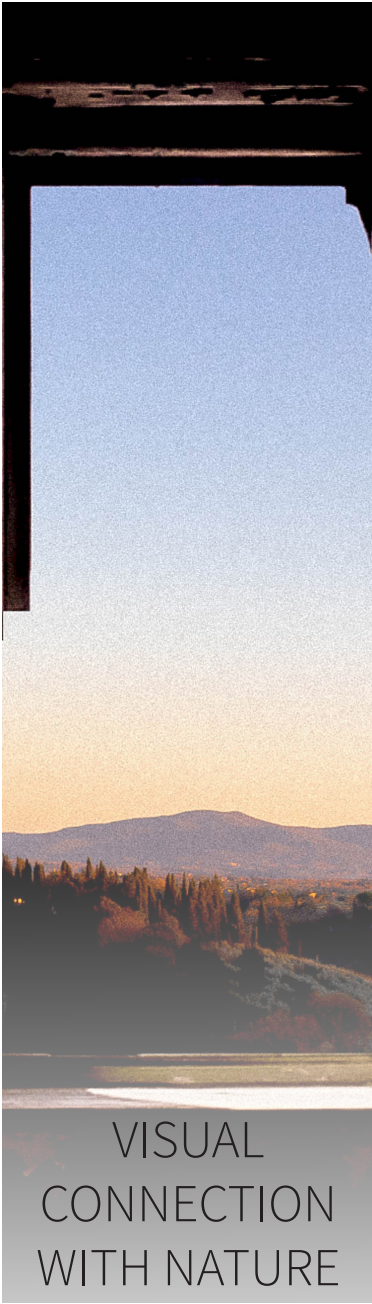
- 1. Visual Connection with Nature
- 2. Non-visual Connection with Nature
- 3. Non-Rhythmic Sensory Stimuli
- 4. Thermal & Airflow Variability
- 5. Presence of Water
- 6. Dynamic & Diffuse Light
- 7. Connection with Natural Systems

NATURAL ANALOGUES

- 8. Biomorphic Forms & Patterns
- 9. Material Connection with Nature
- 10. Complexity & Order













NATURE OF THE SPACE

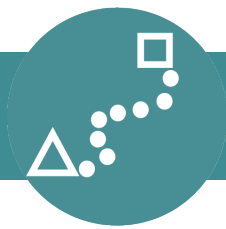
- 11. Prospect
- 12. Refuge
- 13. Mystery
- 14. Risk/Peril



THE FRAMEWORK: CREATED FROM RESEARCH

What is the framework for designing a community centric wellness center focused on designing for health equity?

DESIGN FACTORS:	AMBIENT FACTORS:	SOCIAL FACTORS:	INDIVIDUAL FACTORS:
<div>Simplified Way Finding: To create an environment that a diverse population can navigate with out confusion.</div> <div>Prospect: Opening floor plan commons areas to increase the feeling of safety and control.</div> <div>Color Psychology: Using color to influence emotional responses in designed spaces.</div>	<div>Access To Natural Daylight: Having direct access to natural daylight can effect moods, hormone levels, and increase productivity levels.</div> <div>Views of Nature: Images of nature than can be calming or stimulating.</div> <div>Use of Natural Materials: Using an emphasis on wood in healthcare settings can decrease autonomic stress.</div>	<div>Community Connection: Providing areas for groups to meet or for people to connect to one another.</div> <div>Safe Area For Physical Activity: indoor or outdoor area to provide a safe space for people to get physical activity.</div> <div>Transportation: Access to reliable transportation to and from a community center will increase visits as well as create a sense of belonging.</div> <div>Social Support: Providing resources for people with mental health issues.</div>	<div>Refuge: Offering areas of refuge to residents when they do not have any where else to go. This creates a safe space for them in a time of need.</div> <div>Access To Nutritious Food: Not only providing nutritious food, but also providing education on health benefits of food and skills people can take with them.</div> <div>Employment Opportunities: Providing jobs to the community to create community connection. Providing recourses for job finding.</div>



THE POWER OF SIMPLIFIED WAY FINDING

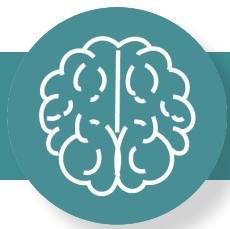
Way finding is crucial for the built environment. There are three distinct sections of way finding one must follow when implementing it into an interior design. They are: decision making (and the development of a plan of action), decision execution (transforming the plan of action into appropriate behavior at the right time and place), and information processing (compromised environmental perception). (Farr, 2012)



PROSPECT IN THE BUILT ENVIRONMENT

In order for a person to feel in control of their environment, it is crucial they are able to see all of their surroundings and understand the correct path to take. Prospect is one of the 14 patterns of Biophilia by Terrapin Bright Green. When a space has good prospect, the space feels open and freeing. (Terrapin Bright Green, 2014) This is especially crucial for people who are suffering from mental illness or someone with severe anxiety. People in these scenarios find comfort in being in control of their surroundings and having a clear view of everything around them.





WHAT IS COLOR PSYCHOLOGY?

Color psychology is the way our brain perceives color in the built in environment. Color psychology in the built environment is used to influence peoples moods and emotions when in a space. (Braam, 2021) Throughout history, color has been used to affect moods and change the themes of different occasions among different cultures. There are different meanings of color around different cultures. (Color Psychology, 2018) For example, in the western culture of the United States, we wear black to funerals to morn the loss of a loved one. In the eastern hemisphere, Buddhists in some counties wear white to funerals. This is to celebrate the life one has lived while also mourning the life lost. White is a symbol of rebirth. Different cultures wear white to hope their loved one is reborn in their next life. While the events are similar, the colors used for each event vary tremendously. (Colors of Mourning, 2017)

RED

EXCITEMENT
STRENGTH
LOVE
ENERGY

ORANGE

CONFIDENCE
SUCCESS
BRAVERY
SOCIABILITY

YELLOW

CREATIVITY
HAPPINESS
WARMTH
CHEER

GREEN

NATURE
HEALING
FRESHNESS
QUALITY

BLUE

TRUST
PEACE
LOYALTY
COMPETENCE

PINK

COMPASSION
SINCERITY
SOPHISTICATED
SWEET

PURPLE

ROYALTY
LUXURY
SPIRITUALITY
AMBITION

BROWN

DEPENDABLE
RUGGED
TRUSTWORTHY
SIMPLY

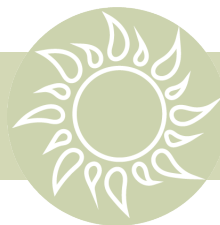
BLACK

FORMALITY
DRAMATIC
SOPHISTICATED
SECURITY

WHITE

CLEAN
SIMPLICITY
INNOCENCE
HONEST

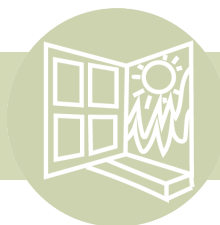
THE FRAMEWORK: AMBIENT FACTORS



ACCESS TO NATURAL DAYLIGHT

One of Terrapins Bright Green 14 patterns of Biophilia is Dynamic and Diffuse Light. Within this pattern, the importance of access to natural light comes up a lot. Creating environments that take advantage of the natural light from outdoors shows the users have higher levels of productivity. Quality daylight conditions are shown to increase moods and lower blood pressure. (14 Patterns of Biophilia, 2014)

Using lighting levels that mimic natural light promote and increase overall wellness in users. Using light levels that are more blue during the day and more warm towards the evening will regulate body temperature, heart rate, and circadian functioning. More blue in a light source like the sun produces serotonin, where the absence of blue light produces melatonin. (14 Patterns of Biophilia)



VIEWS OF NATURE

One of Terrapin Bright Greens 14 patterns of Biophilia, is a visual connection to nature. A space that has a visual connection to nature creates a stimulating or calming environment. Research shows that people who have a visual connection to nature have reduced stress, more positive emotional functioning and improved concentration. (14 Patterns of Biophilia, 2014) Research also shows that people with a connection to nature have lowered blood pressure and heart rate. They also have a positively impacted attitude and over all are happier individuals. In healthcare environments, views of nature reduce recovery time significantly. (FP Innovations, 2015)

An example of this would be to implement direct visual access to animals, insects, vegetation, and/or natural flow of body of water. The main way a designer can do this in an urban design is the use of a green wall inside the building. (14 Patterns of Biophilia, 2014)





USE OF NATURAL MATERIALS

One of Terrapins Bright Green 14 patterns of Biophilia is Material Connection to Nature. This means using natural materials like wood and stone and using a natural color pallet in your interior. (14 Patterns of Biophilia) When plants and natural materials (wood, cane) for furniture are used in communal spaces in healthcare environments, the subjective wellbeing of people who used the space was higher than those who were not exposed to natural materials. (Weeing and Staats, 2010).

A research study looked into the stress levels in an Austrian classroom where students were exposed to wood dominated and non-wood dominated classrooms. Over the course of the school year they found that heart rate variability increased in students in the wood classrooms. An increase in heart rate variability is an indication of parasympathetic nervous system activation. The parasympathetic nervous system acts to reduce stress levels and promote healing and recovery functions in the body. (FP Innovations)



THE FRAMEWORK: SOCIAL FACTORS



COMMUNITY CONNECTIONS

In order for a business to grow deep roots in a community is establishing connections with the residents from the moment the doors open. To tackle certain health disparities in the desired neighborhood, you must connect further with the residents (Carter, 2021). This gives an opportunity for shared decision making among residents and employees. In order to support genuine and lasting relationships, providing safe areas for groups and non profits to meet will foster community connections. (Brown, 2018) This not only provides a safe place for people to have meetings, but also a place for people to gather.



Community living rooms have been used to foster connections throughout communities. (Nagel et. al, 2021) This also gives a space for people to have interviews or the opportunity to meet with a friend and chat. Communities are often times referred to a unit of identity, meaning communities represent themselves. Creating a space for these people to connect and feel comfortable in is crucial to building stronger relationships. (Brewer LC, 2020)



ACCESS TO PHYSICAL ACTIVITY

When it comes to your physical and mental health, getting physical activity is crucial. In lower income neighborhoods such as Franklinton, it is harder for children and adults to get the recommended amount of physical activity when there is not a safe place to do so. (Woolf, 2017) Requiring someone to pay for a gym membership is also hard for people in lower income communities. By providing a safe and secure location that is monitored by the community, individuals can get the recommended amount of exercise they need in order to live a healthy life.



There is a benefit in offering an interior and exterior safe space to get physical activity. Creating an exterior space allows for users to enjoy the outdoors while getting plenty of fresh air and sunlight. Studies are finding that spending time outdoors elevates peoples mood and causes them to relax and cheer up (Harvard Health, 2010)



THE FRAMEWORK: SOCIAL FACTORS



TRANSPORTATION

One of the major health disparities that Americans face is not having transportation to get to the doctor and get the help they need. (Artiga, 2021) Offering transportation to and from the doctors office will give more people access to proper healthcare. (Brown, 2018) Location of the health center is important as well. Making sure you are located on a busy road gives users access to public transportation. If located in a more rural area, providing transportation will be crucial in getting those who do not have the transportation to get to the healthcare they need.



ACCESS TO SOCIAL SUPPORT

Community connection leads to social support. Fostering relationships cause people to rely on one another. Offering a safe area for people to meet creates opportunity for social support. In healthcare facilities, the waiting room is the heart of the building. Here people are waiting for loved ones, waiting for their appointments, having a few minutes to themselves, or are connecting with people around them. Creating an environment that has moments for social support in every area will successfully strengthen relationships. (Alvidrez, 2018)



Social support is also in reference to mental health. Offering services such as group counseling, family counseling, therapy, and multiple types of group meetings will create a strong connection of people in the community. (Artiga, 2021) This will be a place people can come together and feel comfortable expressing their emotions.



THE FRAMEWORK: INDIVIDUAL FACTORS



OFFERING REFUGE

One of Terrapins Bright Green 14 patterns of Biophilia is offering Refuge. This is when a space feels safe, providing a sense of retreat or withdraw. (14 Patterns of Biophilia) Lower income communities often times do not have safe places for residents to go in times of need. Higher rates of crime and poverty create communities where it is harder to feel safe. It is important for the healthcare facilities to interact with the community and let them know there is a safe place for them to go in times of need. (Brown et al., 2019)

In smaller square footage spaces, using smaller counseling rooms as rooms for refuge is a good way to get both into your program. Using custom window seats that offer protection on either side of the users body can offer refuge in areas where individual rooms is not an option.



<https://www.globalfurnituregroup.com/insight/spaces-within-spaces-refuge-in-open-plan-office>



ACCESS TO NUTRITIOUS FOOD

Lower income communities have a harder time getting access to nutritious food. These environments usually have establishments that sell ready made, easy access, low cost, calorie dense food options. There is a higher rate of poverty in communities like this due to the lack of nutritious affordable food options. (Brown et al., 2019) Lower income communities are often food deserts as well. This is due to the lack of income in the community. (Palmer et al., 2019) Communities that have these disadvantages are unattractive to the business industry and investors, which makes it hard to open food stores in lower income areas. (Woolf, 2017.)

Providing knowledge of nutrition will also benefit the residents when returning home from the healthcare facility. Many of these residents do not have access to the education about what their nutritious diet needs are. Providing a nutrition clinic and healthy food options will provide nutritious food for the residents of the community. (Stormacq et al., 2018)





EMPLOYMENT OPPORTUNITIES

A large part of community connection and engagement is providing safe and secure jobs for the residents. (Artiga, 2021) Employment status and income levels are two of the reasons health disparities exist. Providing jobs to the community will give them access to the services offered at a healthcare center. Jobs are usually the method of ways people receive health insurance. (Nagel et al. 2021) Creating a positive work environment with incentives to do good at your job will influence employees to continue to succeed at their job. (Brown et al. 2019)





CASE STUDIES

WESTLAKE DERMATOLOGY - MARBLE FALLS, TX

PARSLEY HEALTH - NEW YORK, NEW YORK

DOCTOR U - KYIV, UKRAINE

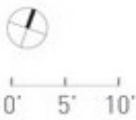
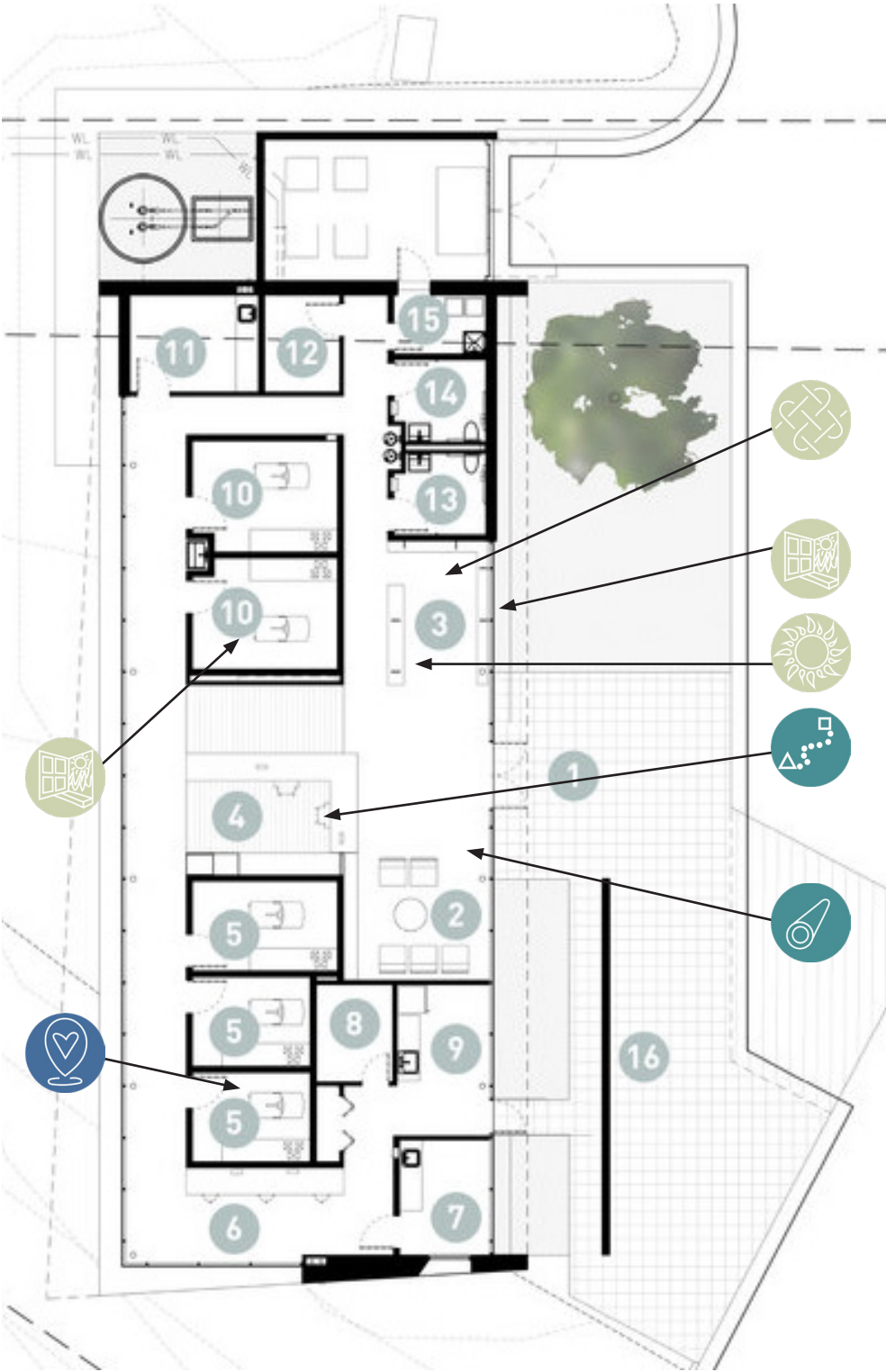
ZAANS MEDICAL CENTER - ZAANDAM, THE NETHERLANDS

WESTLAKE DERMATOLOGY



Architect: mf Architecture
Location: Marble Falls, Texas
Year: 2017
Size: 3,000 SQ FT

Description: This facility re-interpreted the medical center typology. Westlake Dermatology was built for having relevance to its surroundings. The building acts **as a lens to nature** and the benefits of its healing qualities. The overall concrete structure of the building, filters light and frames the “beyond” of the rolling landscape in the Texas Hill Country. The building uses its surroundings to **promote healing** to the patients.



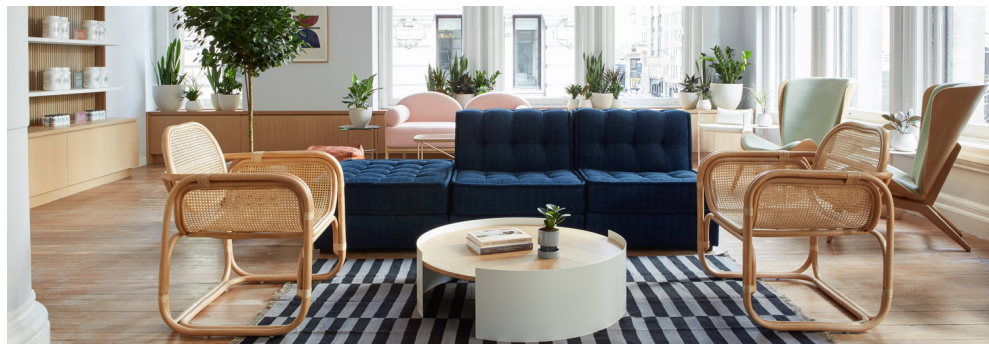
Completion: 2017
Location: Marble Falls, Texas
Building Size: 3,000 SQF

- 1 ENTRY
- 2 WAITING
- 3 DISPLAY
- 4 CHECK IN-OUT
- 5 EXAM
- 6 WORKSTATION
- 7 OFFICE
- 8 STORAGE
- 9 BREAK ROOM
- 10 PROCEDURE ROOM
- 11 MOHS LAB
- 12 MEP/FIRE/DATA
- 13 MEN'S
- 14 WOMEN'S
- 15 JANITOR
- 16 CONCRETE MONUMENT SIGN
- 17 PARKING
- 18 DETENTION POND

WESTLAKE DERMATOLOGY

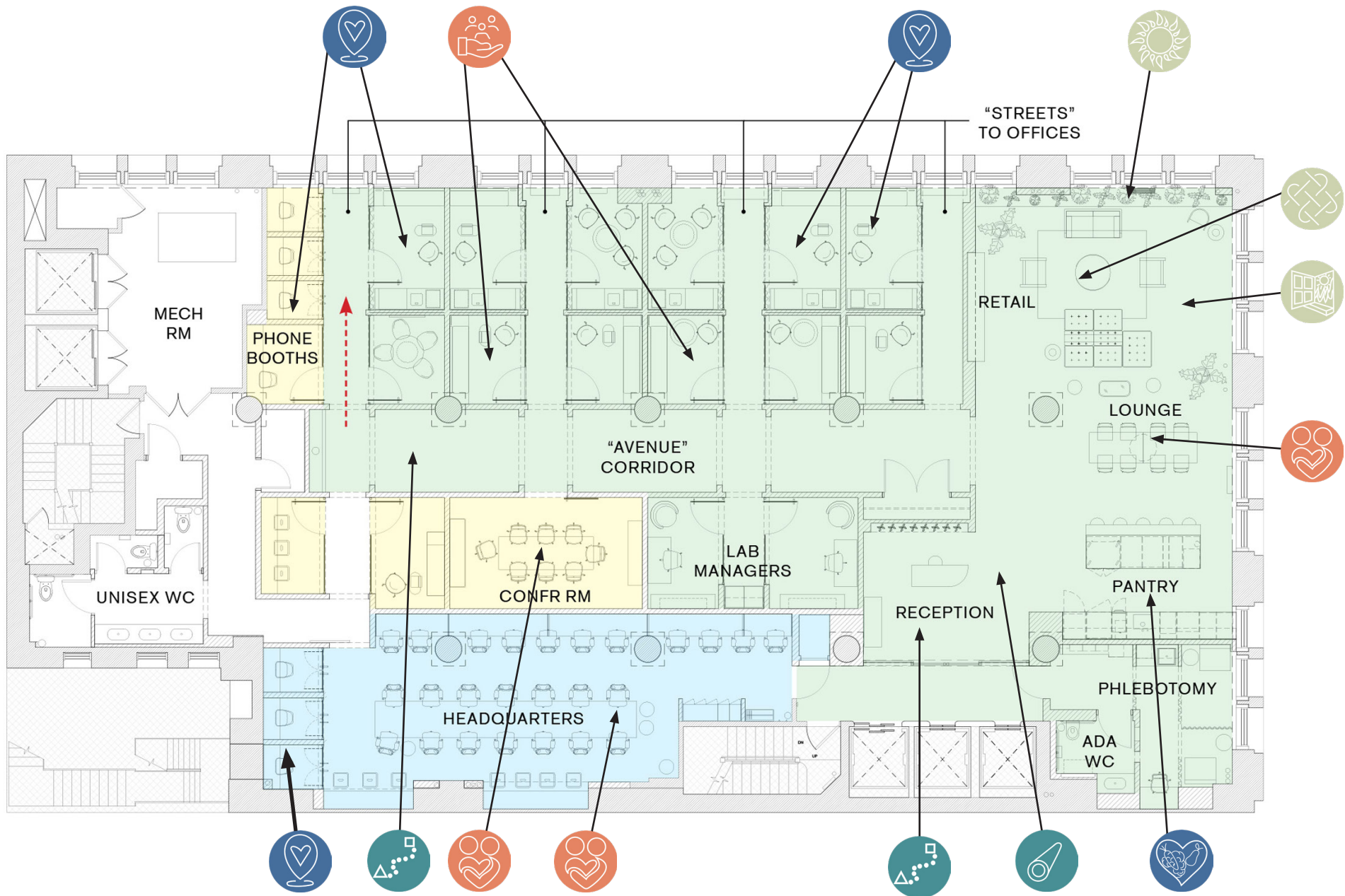
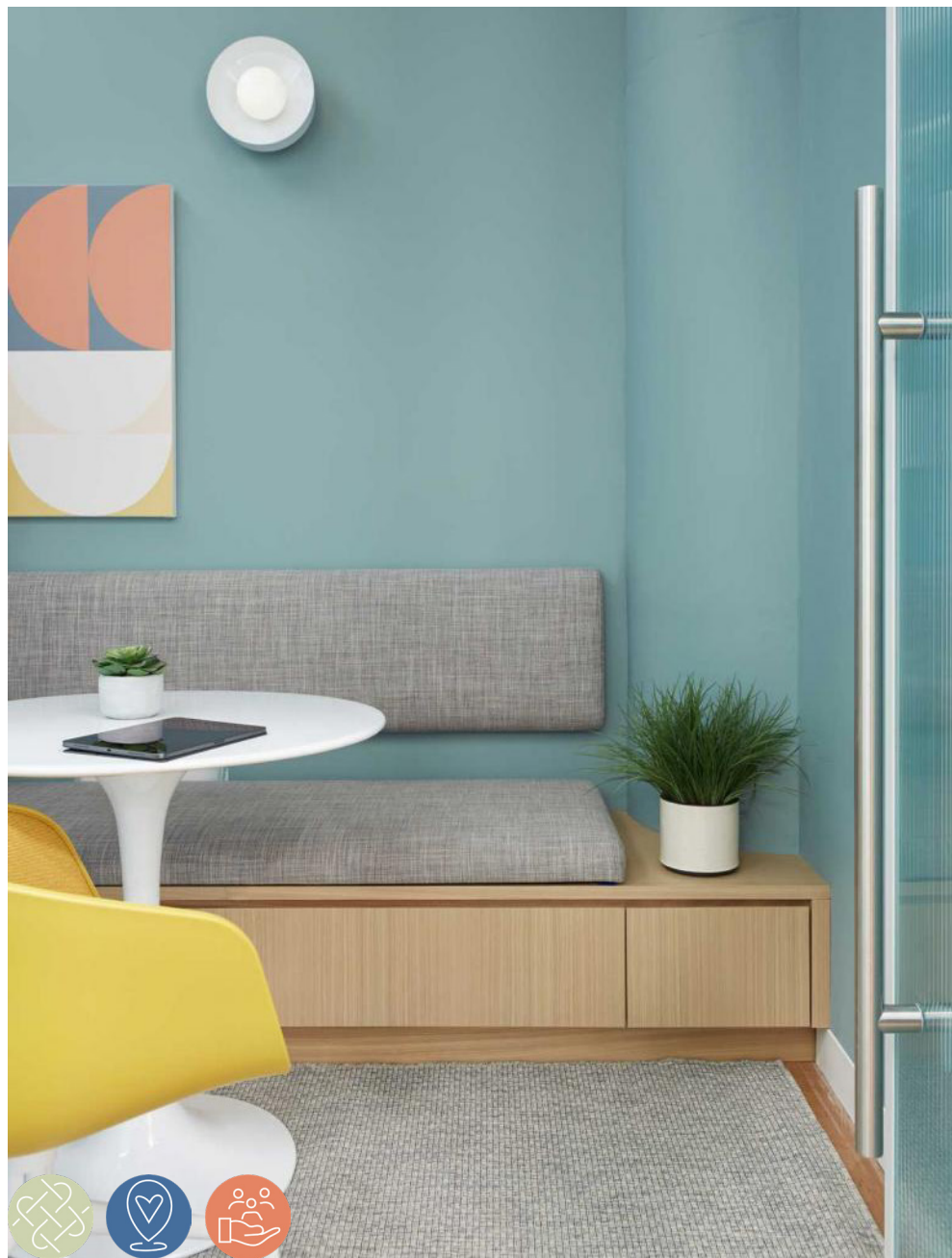


PARSLEY HEALTH



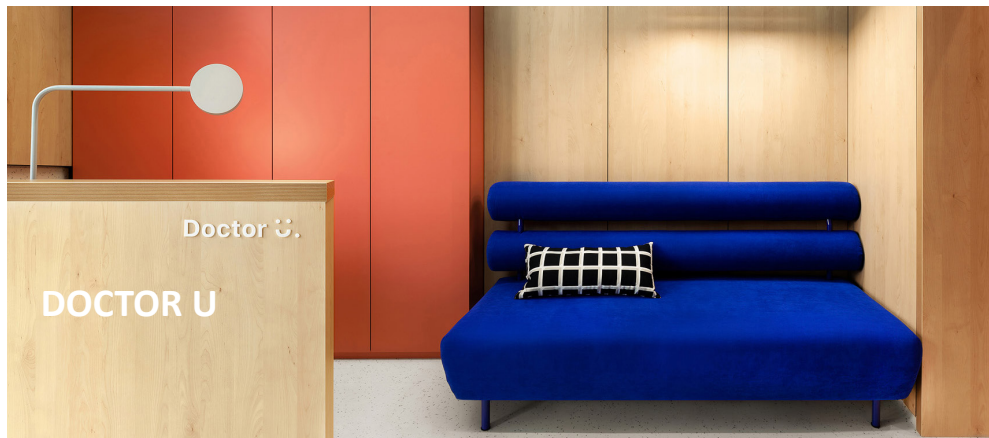
Architect: Alda Ly Architecture & Design
Location: New York, New York
Year: 2019
Size: 5,500 SQ FT

Description: Described as a “disruptive high-tech practice,” Parsley Health is an exclusive, membership based healthcare facility. The company takes an alternative approach to healthcare, and takes a month to month membership instead. The goal of this design is to demonstrate Parsleys “**holistic, preventative approach to healthcare.**” The guiding principle for the design was **biophilia**. The lighting throughout the interior was placed “so that members may **navigate the interior with comfort and safety.**”



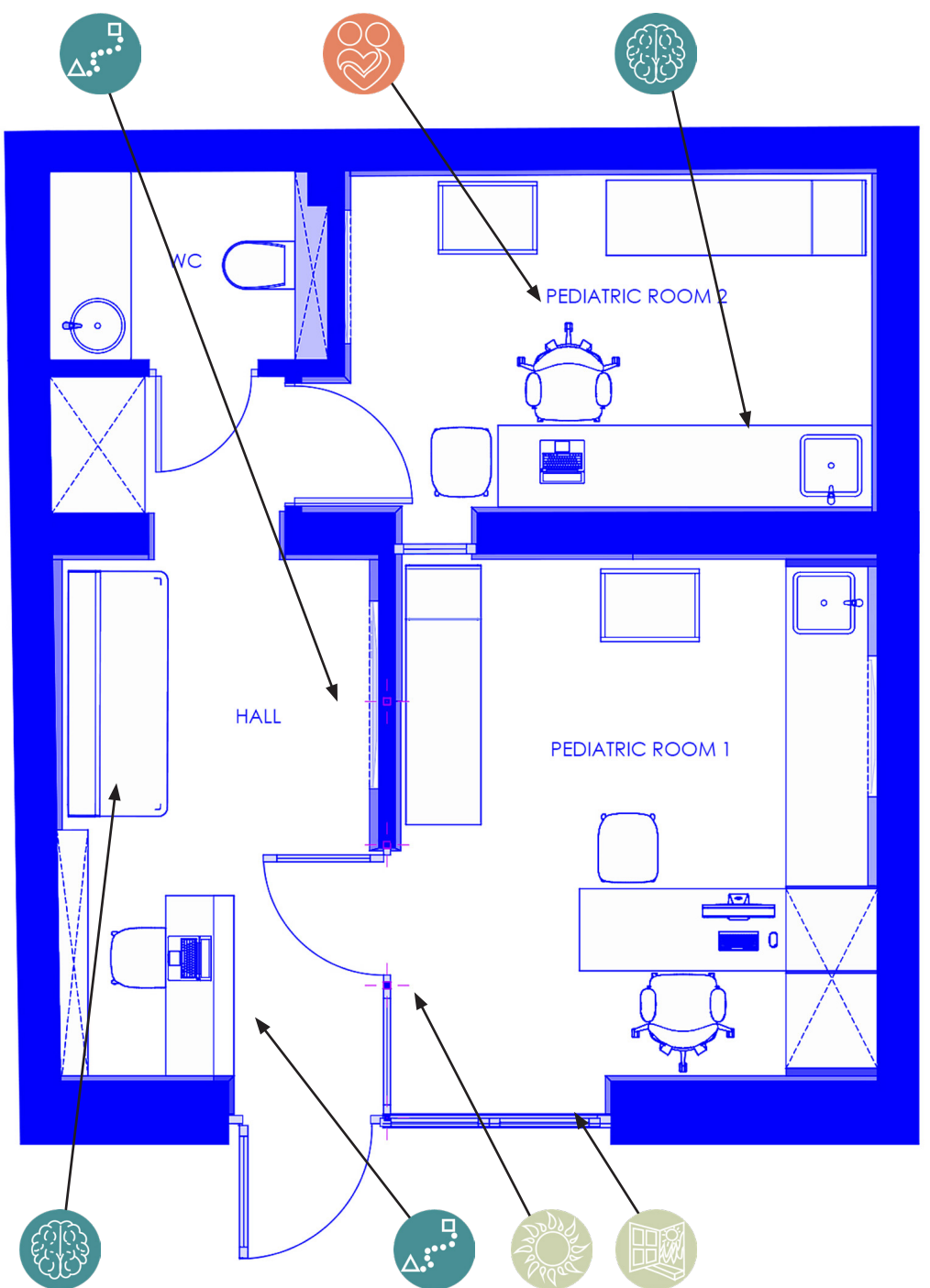
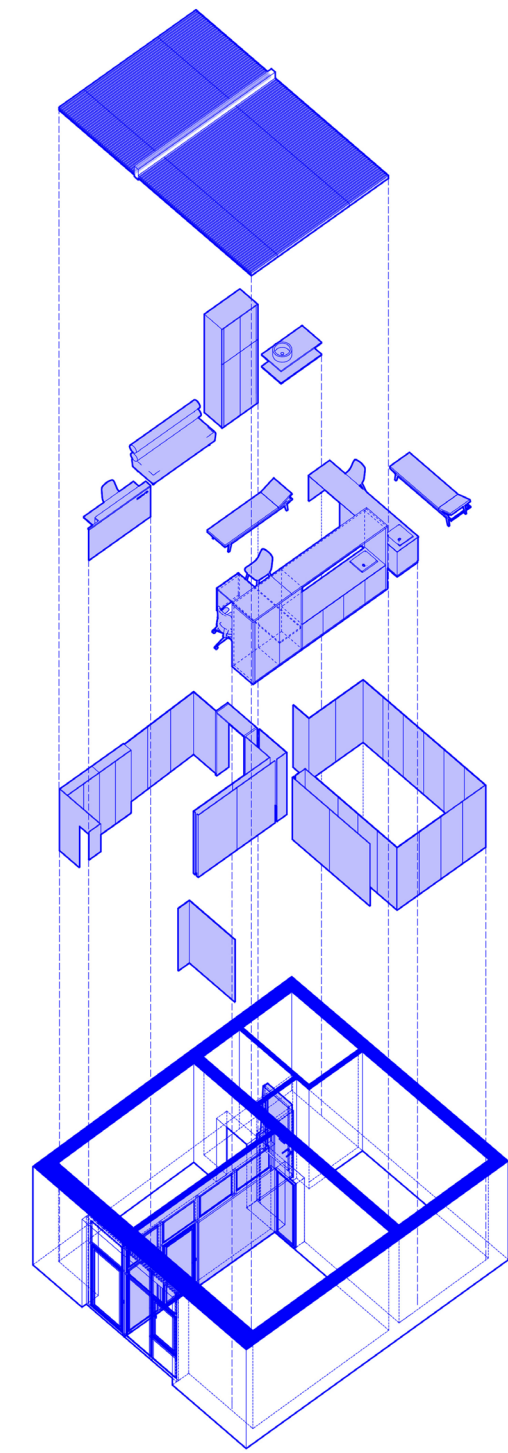


DOCTOR U



Architect: Ater Architects
Location: Kyiv, Ukraine
Year: 2018
Size: 409 SQ FT

Description: A **two room pediatric clinic** located within a residential complex. The architects main task was to create an **atypical environment that did not leave negative memories** in children. Medical devices are hidden in built-in storage units to reduce the stress of doctor visits. Wood panels, light colors, and natural light provides further comfort for children at the clinic. Light colors also provide the space with a sense of cleanliness that is necessary to healthcare.



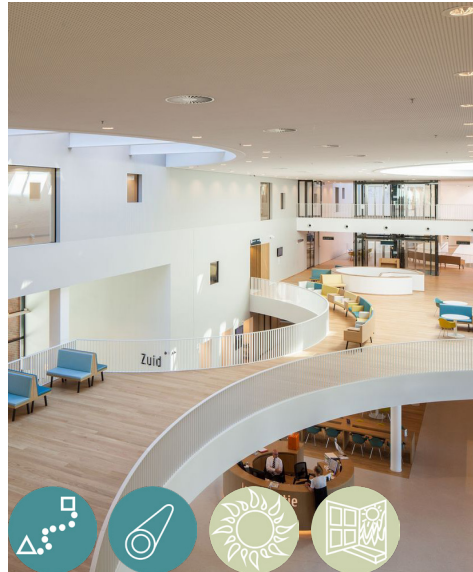
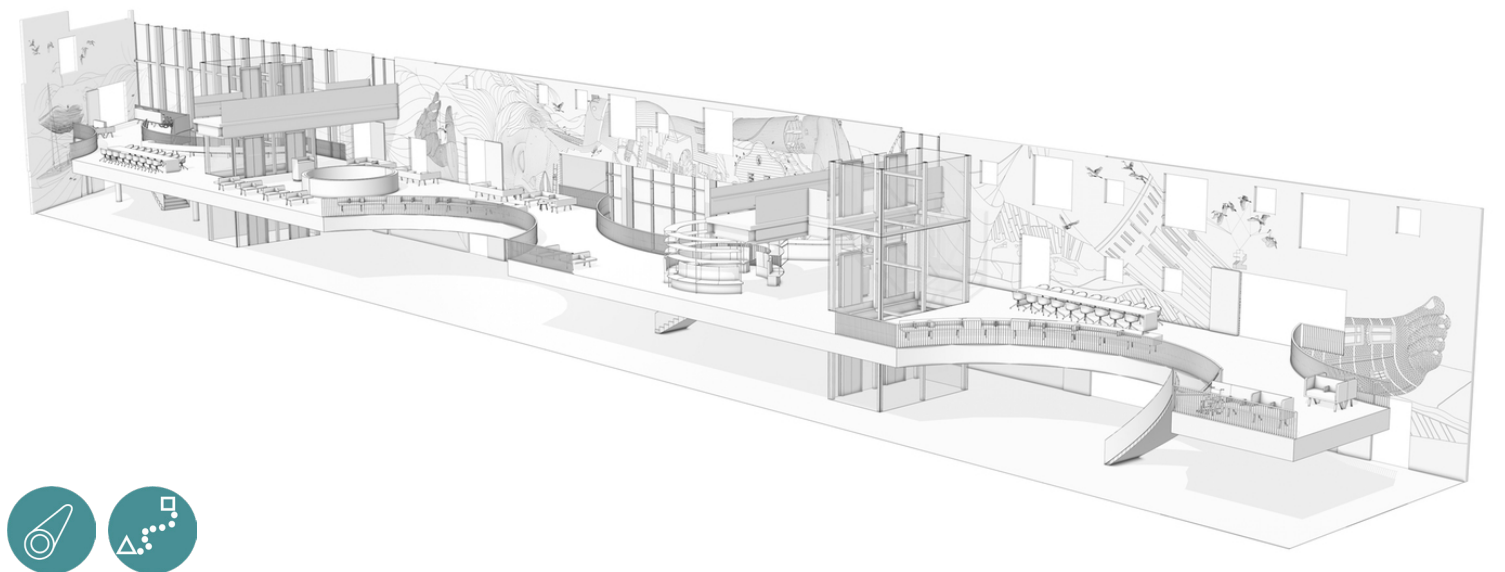
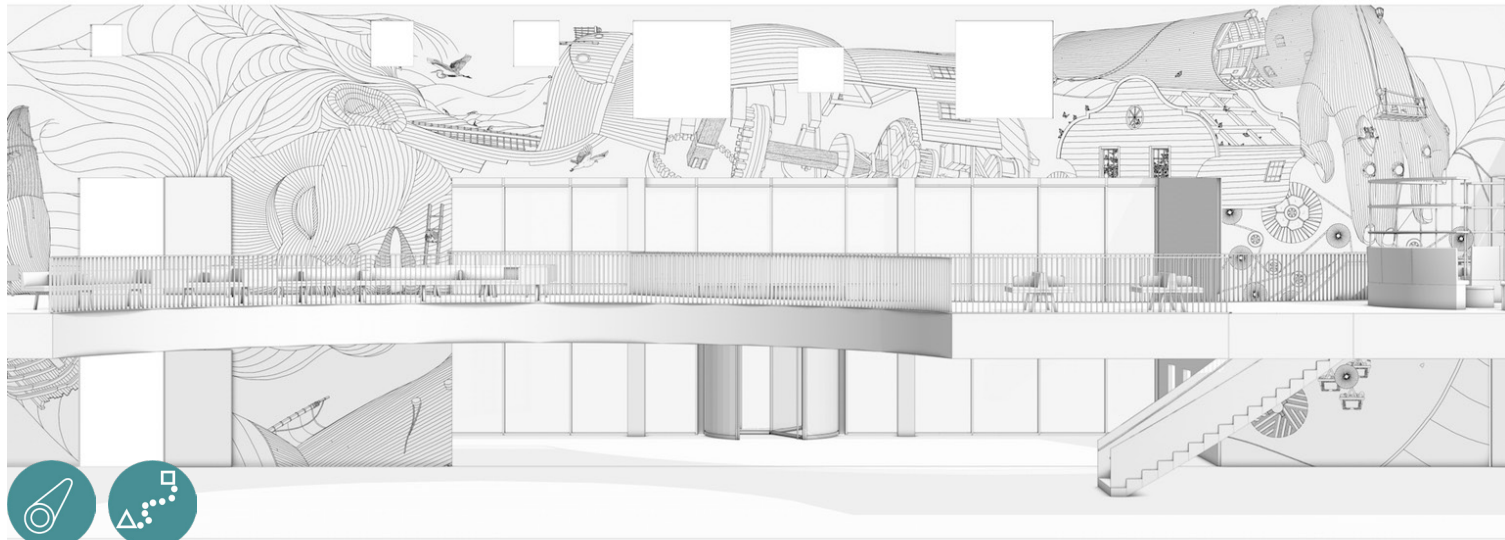


ZAANS MEDICAL CENTRE



Architect: Mecanoo
Location: Zaandam, The Netherlands
Year: 2016
Size: 400,000 SQ FT

Description: An efficient and compact building where healthcare and **personal growth** are combined. This is the first clean hospital in the Netherlands. The design uses a combination of **natural daylight** and **positive distractions** to create an environment that does not feel like any other hospital. This is a place that **promotes wellbeing**. All departments in the hospital are focused on **creating zero waste**. Many of the departments are standardized, creating areas that can be **flexible in times of need**.







PERSONAS

What are personas and why are they important?

Personas allow designers to form connections with the targeted audience of the project. They are the user that represents the targeted audiences needs and characteristics. They usually include fictional backstories and details to make them seem more realistic. Using personas help the design team have a deep understanding of the targeted audience. (Faller, 2019) This is crucial in order to understand and have empathy for the desired users. Building empathy is a core value that designers must do if they want to create a well thought out design that the users will actually use. Personas also provide a direction for making design decisions. Personas help shape and mold a project into what it needs to be. Personas help communicate research findings further. (Faller, 2019) Using personas to explain the demographics of the targeted audience will ensure a project that is well thought out and backed up by research.

COMMUNITY MEMBER - BOOMER



STEVE

72 years old

Sanitation

ABOUT

Steve has lived in the Franklinton Community his entire life. He has been apart of the sanitation services for the Franklin County Schools since he was in his 20’s and has worked in the Franklinton Community schools ever since. On the weekends Steve likes to take walks with his friends and check in on his homeless friends and provide them with a warm home cooked meal. Steve has been attending AA meetings for the past 15 years and counts on the support of the community to continue in his sobriety.

ITEMS ON FRAMEWORK IN NEED OF:



NEEDS

Steve is in need of a new place to attend his AA meetings since the church which hosted his previous ones was torn down. He wants to find connections in the community who are similar to him and who can help lift him up in his times of struggle and temptation. Steve is also on heart medication and wants this space to be convenient to a pharmacy. So on the days he does have off, he is not spending it hiking all over town to check off his to - do lists.

COMMUNITY MEMBER - GEN X



ANGELA

52 years old

Convenience
Store Owner

ABOUT

Angela has owned the stop and shop at the corner of Rich St and Martin Ave for over 20 years. She has lived in Franklinton and has been apart of its community since the 70’s when her mom moved her family here. With the COVID-19 pandemic, she was forced to close down the shop due to financial constraints. Angela has some money coming from the government for aid, but she is still trying to find a way to either re open her shop or find a new job to support herself and her two children.

ITEMS ON FRAMEWORK IN NEED OF:



NEEDS

In the crisis of COVID-19, Angela has lost everything she had saved for her healthcare. She is in need of a free clinic that will work with her regardless of pay. She has struggled with asthma ever since she could remember and is terrified she will not be able to get her inhalers when she is in need of them.

COMMUNITY MEMBER - MILLENNIAL



JESSICA
32 years old
School Teacher

ABOUT

Jessica has been a teacher in the Franklinton community for the past 8 years and has lived in the Franklinton community for over ten. After she graduated from OSU in 2009, she moved to Franklinton to continue to learn about the history and residents. On the weekends she volunteers with youth at Gladden Community House. There she teaches them home education, so when they are alone at home they know how to take care of themselves. She lives for giving her time back to the children of the Franklinton Community.

ITEMS ON FRAMEWORK IN NEED OF:



NEEDS

While Jessica seems like she does it all, she does struggle with her type 2 diabetes and her nutrition. She is looking for a facility she can connect with others about nutrition as well as over all physical and mental health. She believes it is easier dealing with her diabetes when there are others around her dealing with the same thing.

COMMUNITY MEMBER - GEN Z



ROB & KYLE
22 & 24 years old
Idea Foundry

ABOUT

Rob and Kyle are a couple that have recently moved to the Franklinton area from out of state, for the ever growing population and arts and crafts district. Both of them work at the Idea Foundry and spend their weekends exploring Columbus and trying new restaurants. While not knowing many people, Rob and Kyle try to give back to the Franklinton Community as much as possible and often times volunteers at Franklinton Farms.

ITEMS ON FRAMEWORK IN NEED OF:



NEEDS

Rob and Kyle looking for an LGBTQ clinic where they can feel welcome and discuss their needs with trained professionals. While they are healthy people, they want a clinic near by where they can get tested for various things as well as keep up with their health. They believe a clinic that is accepting to all will be beneficial to the Franklinton Community.



PROSPER: A COMMUNITY CENTRIC WELLNESS CENTER

CONCEPT & VP

PROJECT STATEMENT

DIAGRAMS

FLOOR PLANS

FINAL RENDERINGS

CONCLUSION

CONCEPT & VP

By removing the stigma of going to the doctor, Prosper will **empower** the residents of Franklinton to have **ownership over their bodies**. A clinic designed around bringing the community together and emphasizing the **importance of health** will encourage the old and new residents of Franklinton to focus on being their best self. It is important to connect the East and West side residents to the heart of the community. **Community connection** is key to making a city successful.

The waiting room is the heart of healthcare. This is a space that is used for **rest, patience, release, and support**. The clinic will provide the care and resources the city of Franklinton needs, **acting as the heart for Franklinton**. This is where connections are made and the community comes together. Incorporating biophilia and Resimercial design, the clinic will feel the opposite of a typical doctor's office, making the process a lot easier on the patients.

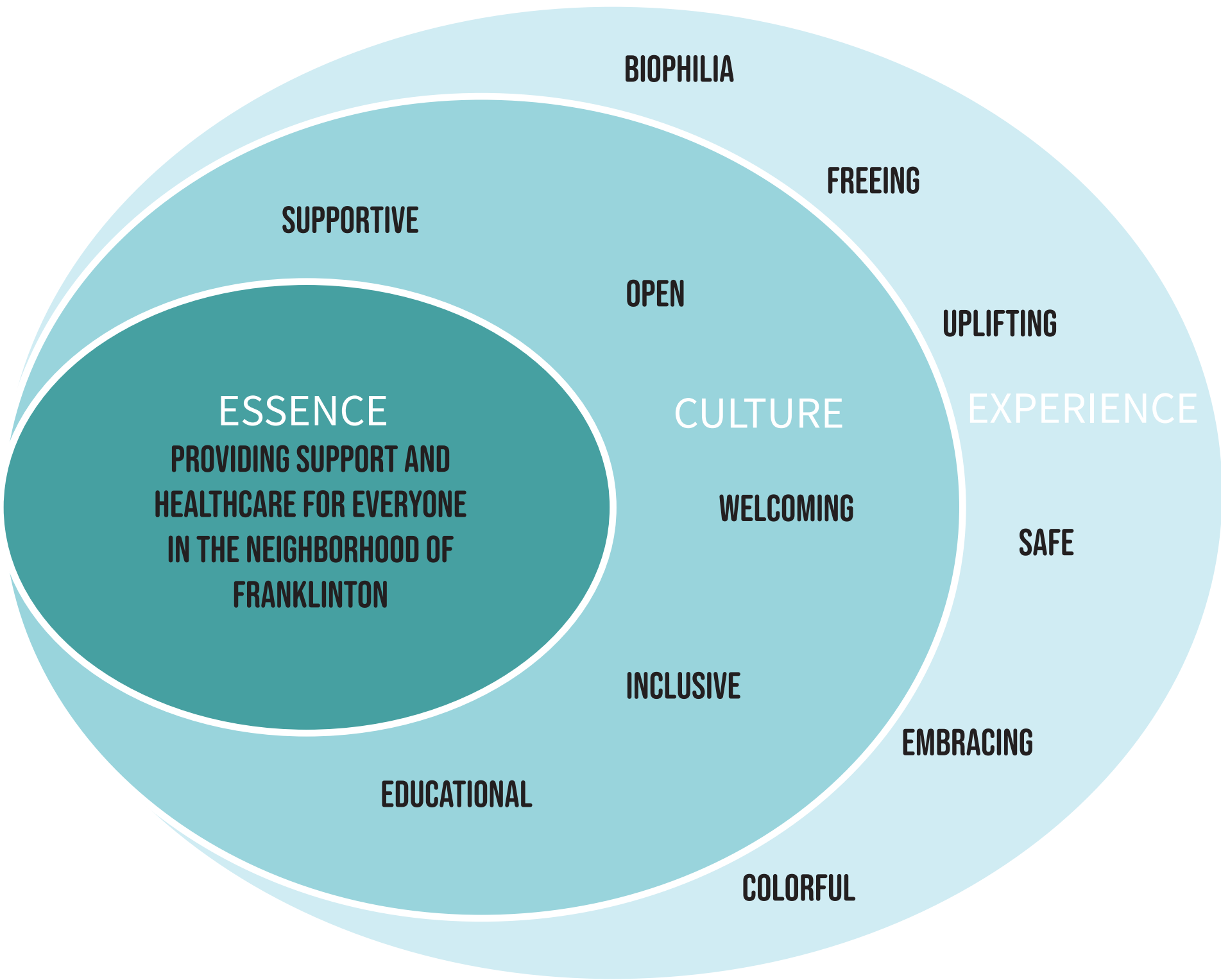


PROJECT STATEMENT

Prosper is a **community-centric wellness center** in the heart of Franklinton. Located in the Engine House no.10 historic building, Prosper acts as a **healthcare hub for the city of Franklinton**. The Franklinton community is located one mile west of the bustling city of Columbus, however, it is the most neglected city in the central Ohio area. Franklinton has been averaging 9-11% of its population with no health insurance and the average life expectancy rate is only 67 years old. On top of that, the COVID-19 pandemic has caused people who don't have access to health insurance or healthcare a more dreadful experience attempting to get the service they need. Prosper's main focus is preventive healthcare services and educating the community on how to prevent sickness and diseases as well as encouraging them to be their best self, both physically and mentally. Studies show that going to a preventative health care appointment once a year decreases your chances of getting a disease or illness.

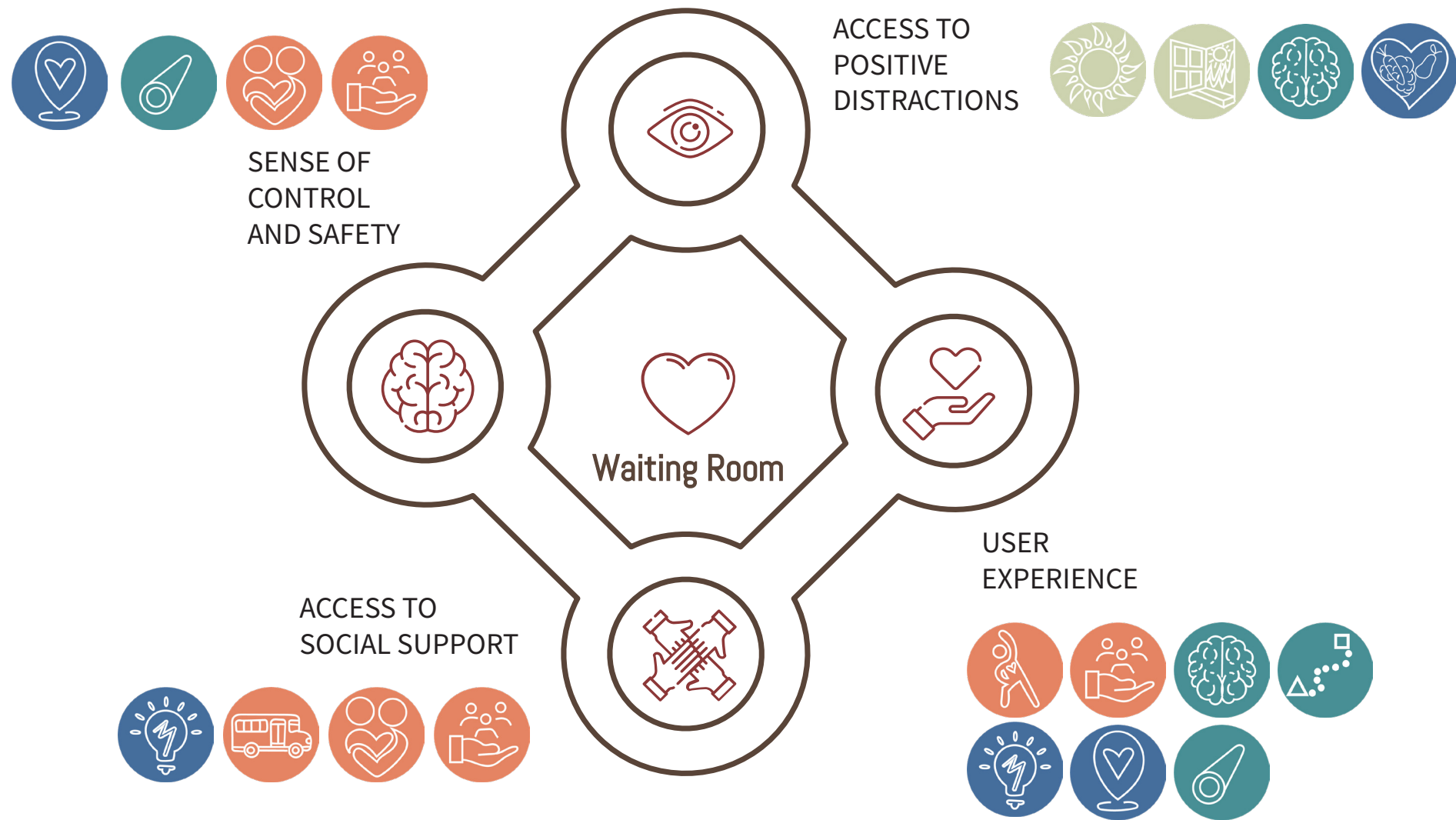
Creating an environment that is inclusive, welcoming, and inviting, the space will emphasize the importance of health and wellness, both mentally and physically.

Prosper is divided between two floors. The first floor is public, inviting, and inclusive. It offers preventive care such as check-ups, immunizations, screenings, etc. The second floor is more private and quiet offering mental health services and a nutrition clinic with a small nontraditional demonstration kitchen. The mental health services include one on one therapy, couples therapy, group therapy, family therapy, and more.



IMPORTANCE OF THE WAITING ROOM

WAITING ROOM IS THE HEART OF HEALTHCARE



DESIGN GOALS

DESIGN ELEMENTS

DESIGN GOALS

MATERIALS/CONSTRUCTION DETAILS

Taking a deeper look at **color theory** for healthcare settings and putting an **emphasis on the colors** chosen for the patients emotions.

Using different **lighting** temperatures and techniques will create appropriate ambiances in the interior of the clinic.

Hierarchy will be used on **lines** to create connections throughout the interior to invoke the path one takes to strengthen their health.

Using **volume and space** will allow compression and release in public vs private areas.

Using **form** to create open environments so patients have a straightforward path to eliminate confusion or worry.

To create a **calming environment** to increase **levels of comfort, tranquility, and health**, both physical and mental

To create an **inviting and inclusive environment** making everyone feel welcome.

To **educate** the residents on how to **prevent diseases and illnesses**.

To provide **areas of respite**, for visitors and patients to feel safe and secure.

To **remove the stigma** of going to the doctor

Taking a deeper look at **color theory** for healthcare settings, selecting materials and colors that make the patients feel as welcome as possible.

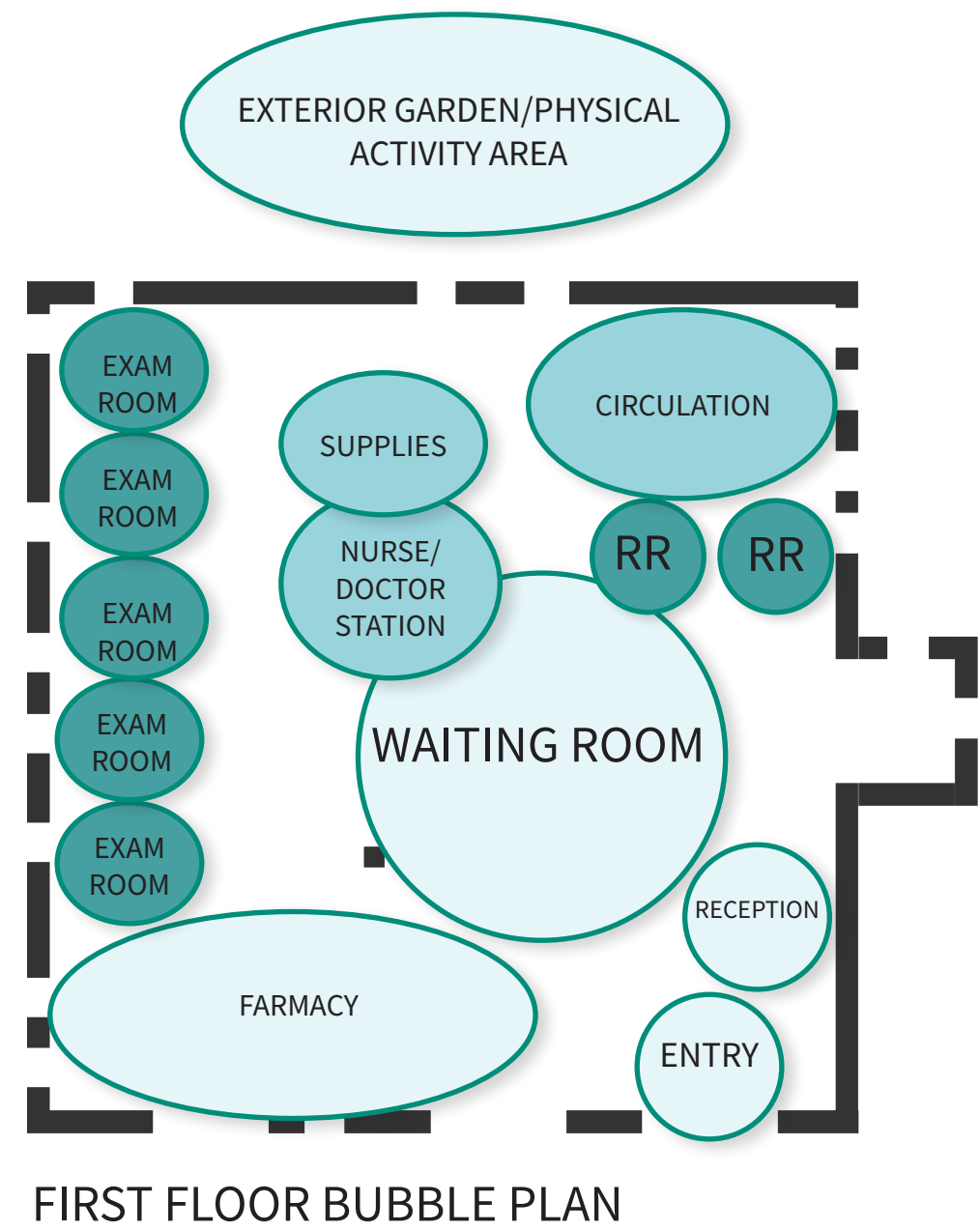
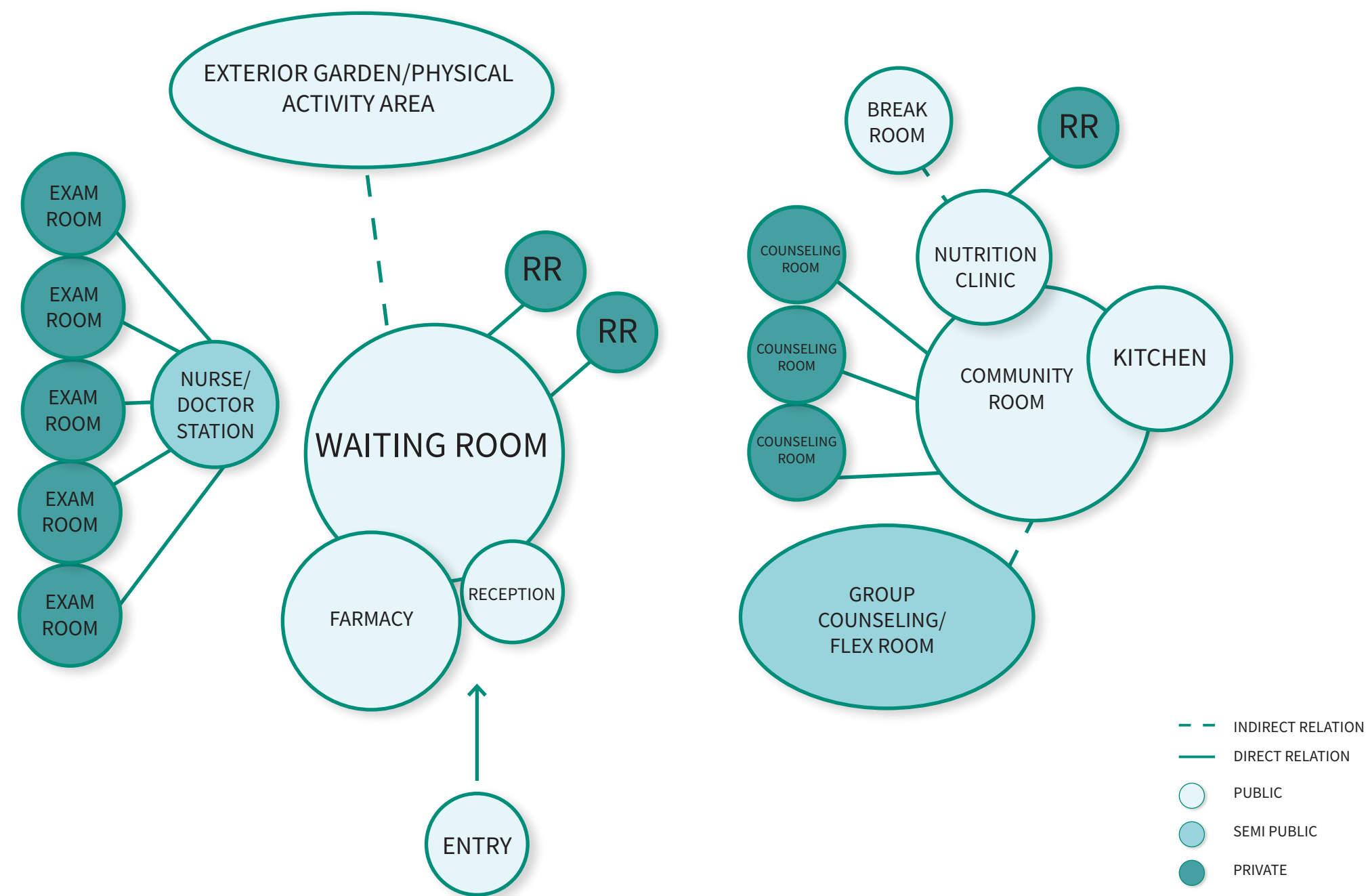
Using **natural materials** and **earth/natural tones** will create a calming environment, as well as bring biophilia into the space.

Provide **open knowledge** to visitors and patients through way finding and graphics.

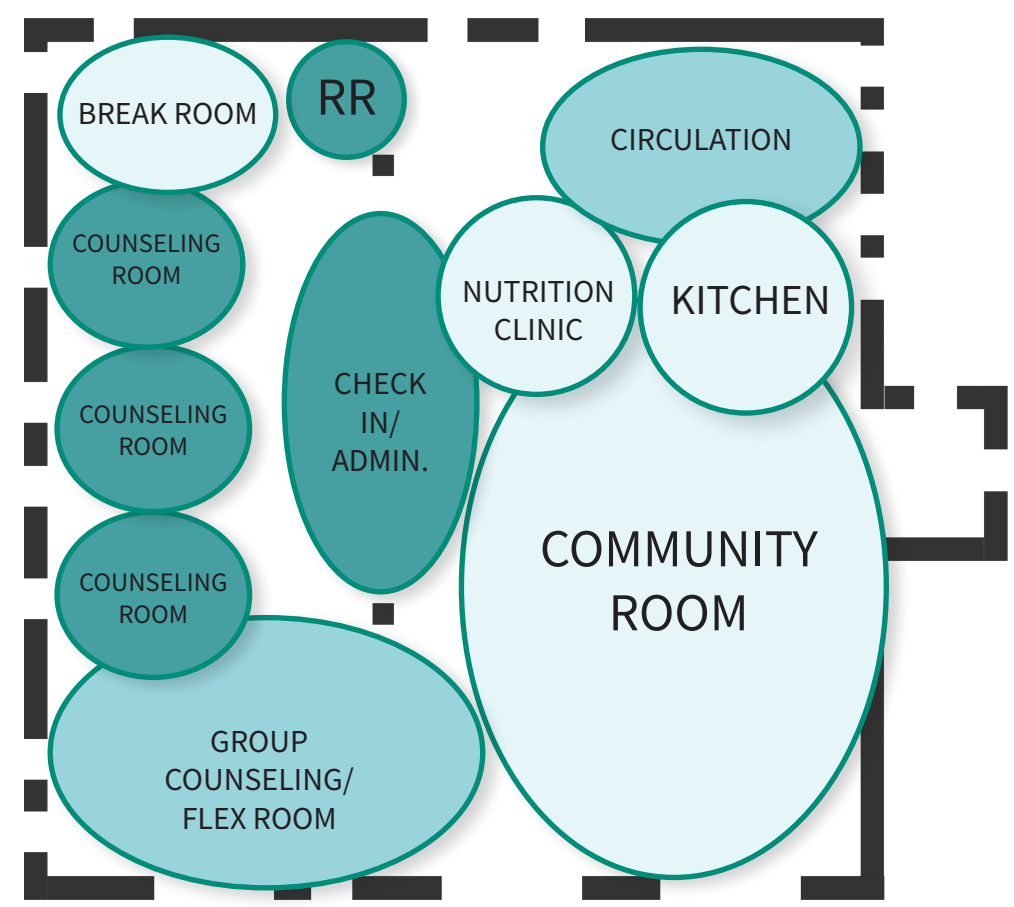
Using **compression and release** in the forms of the rooms and interior spaces will allow patients to understand the difference of **public versus private spaces in the interior**.

Remove the stigma of going to the doctor by using **nontraditional healthcare materials and fixtures**.

ADJACENCY & BUBBLE DIAGRAMS

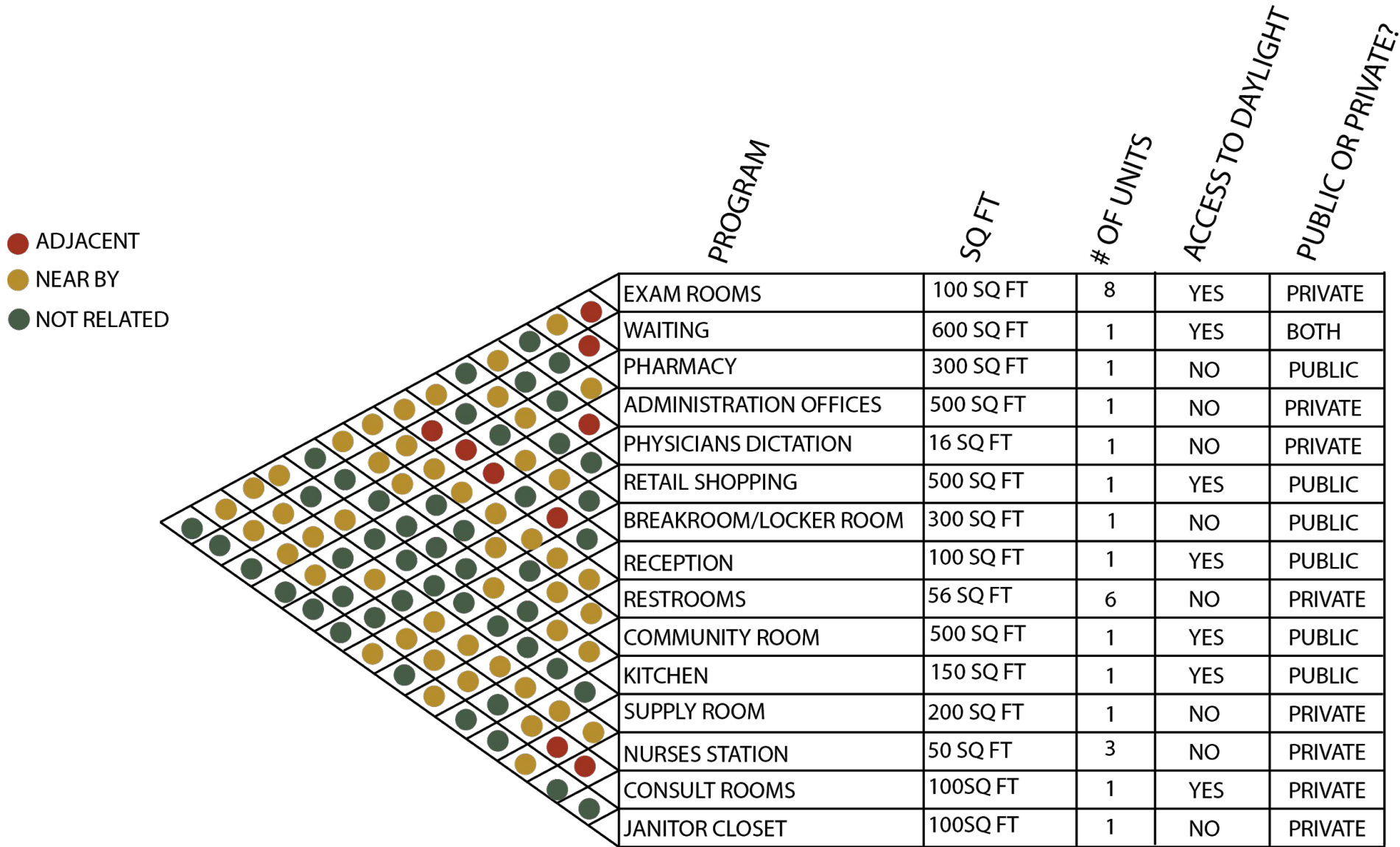


FIRST FLOOR BUBBLE PLAN



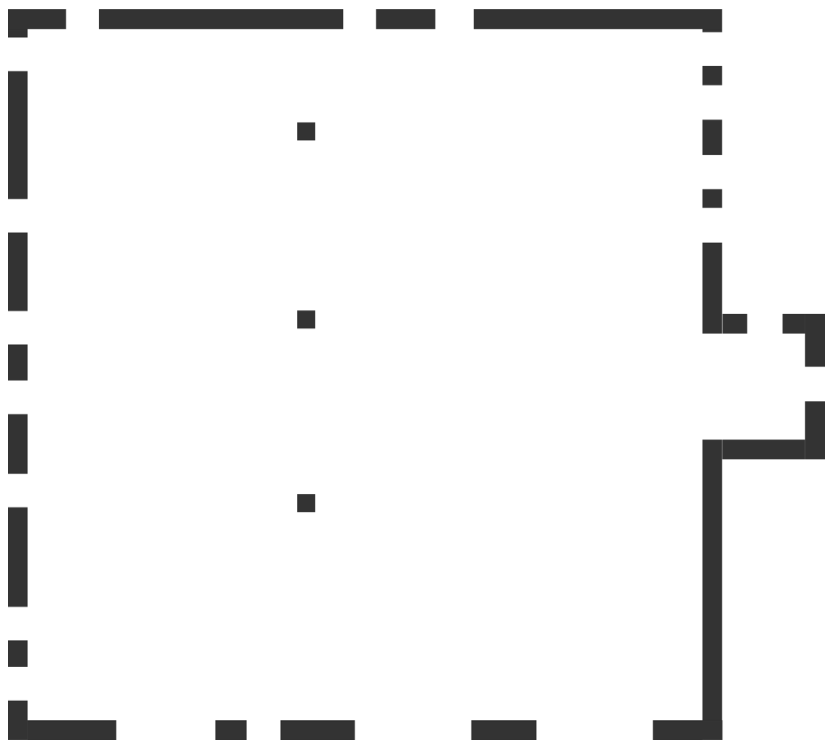
SECOND FLOOR BUBBLE PLAN

PROGRAMMING DIAGRAMS

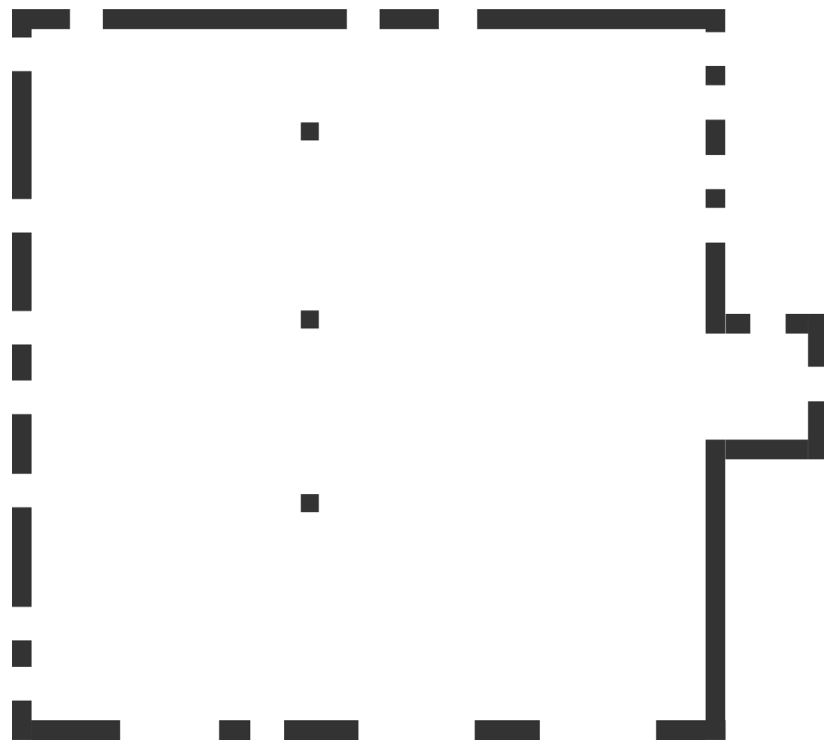


Franklinton Mini Clinics Short Program (Business Group B)							
	ACTIVITY	SPACE	# OF OCCUPANTS	# OF UNITS	UNIT SQ FT	SQ FT/ OCCUPANT	TOTAL SQ FT
1	Shopping	Retail Space	20	1	500	25	500
2	Patient Care	Clinic	3 (1 doctor, 2 patients/2 doctors, 1 patient etc.	8	100	25	800
3	Physicians Dictation	Physicians Dictation	1	1	16	16	16
4	Waiting	Waiting Area	40	1	600	15	600
5	Picking up Medicine	Pharmacy	2	1	300	150	300
6	Employee Offices	Administration	10	2	500	50	500
7	Eating Area for Employees	Break Room/Locker Room	10	1	300	30	300
8	Information/ Check-in	Reception	2	1	100	50	100
9	Restroom Use	Rest Rooms	1	6	56	56	336
10	Events/living	Flex Space/Living Room	30	1	600	20	600
11	Nutrition	Kitchen	5	1	150	30	150
12	Supplies for Doctors	Supply Room	3	1	300	100	300
13	Consultation	Consult Rooms	2	3	100	50	300
14	Nurses	Nurses Station	1	3	50	50	150
15	Janitor Closet	Janitor Closet	1	1	100	100	100
			TOTAL SQ FT	6,350	CIRCULATION	1,298 SQ FT	
					PROGRAM	5,052 SQ FT	

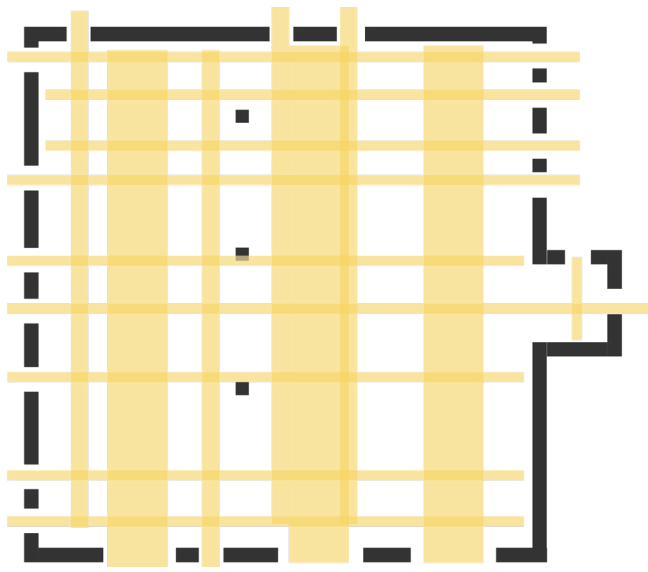
EXISTING DIAGRAMMATIC FLOOR PLANS



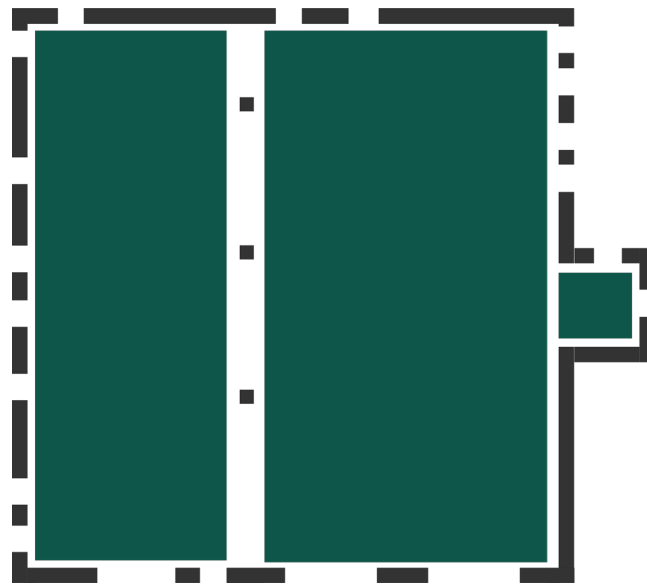
EXISTING FIRST FLOOR PLAN



EXISTING SECOND FLOOR PLAN



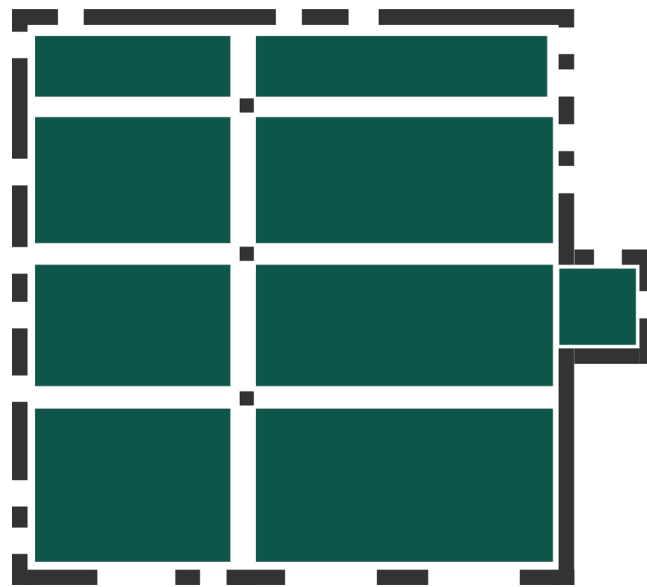
NATURAL LIGHT INTERSECTIONS



SPACE SEPARATIONS



SPACE SEPARATIONS

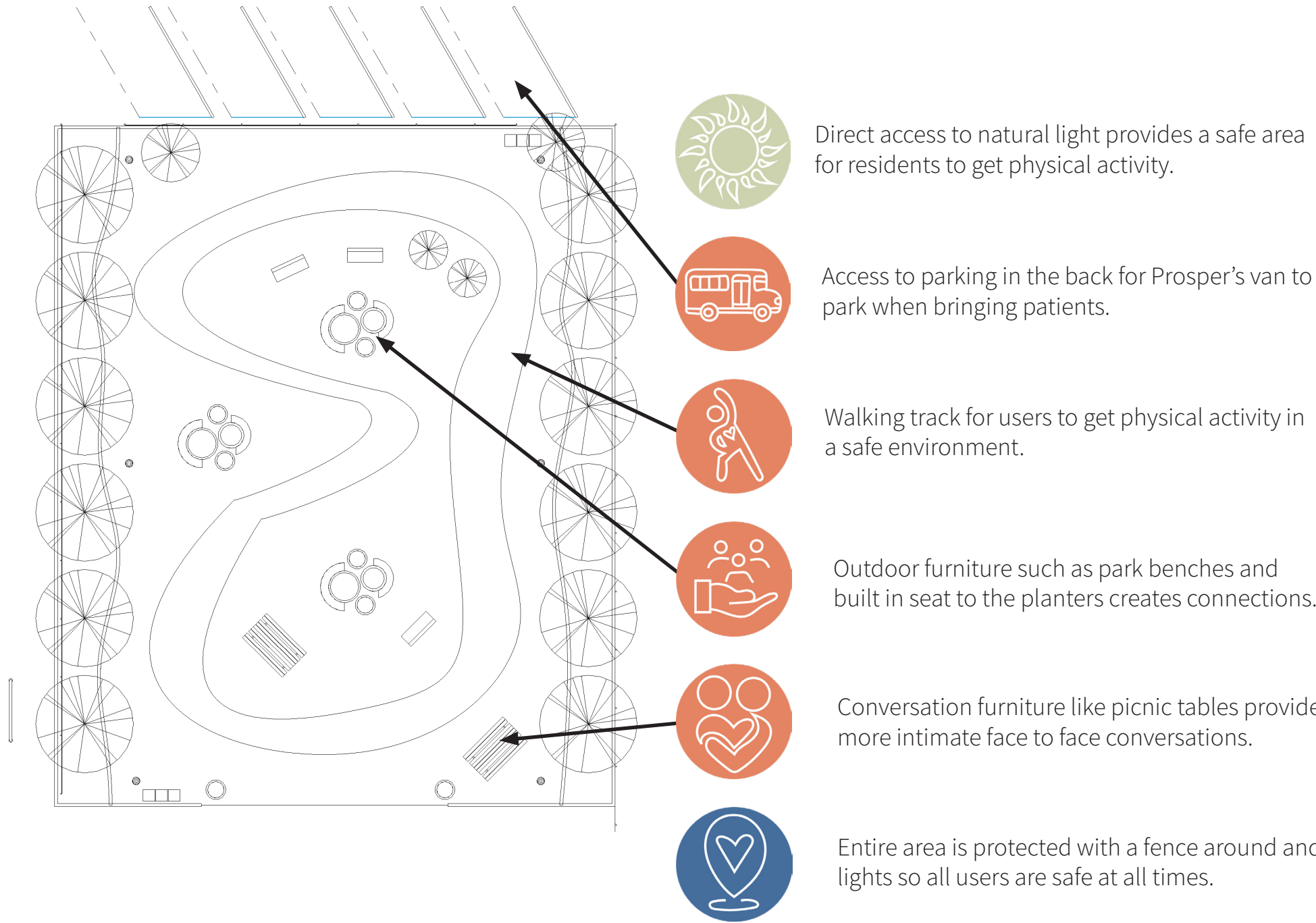
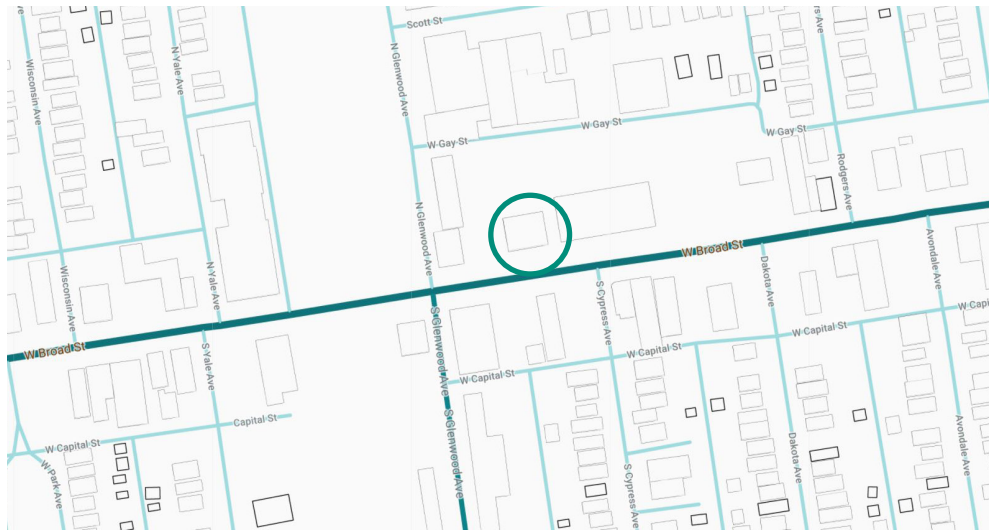


SPACE SEPARATIONS

DISCLAIMER: The existing interior of Engine House No. 10 is currently not known. All that is known is the location of the existing columns in the interior. This project was conducted as if the interior conditions were empty or could be demolished with out damage to the structure.

SITE PLAN

Prosper is located on W Broad St, in the neighborhood of Franklinton, located in Columbus, OH. W Broad is a busy street that runs straight through downtown Columbus and offers many opportunities to take public transportation. Behind Prosper is the outdoor activity area. While it can only be used for about half the year with Ohio's climate, this offers a safe space for community connection and physical activity for all ages. There is a walking track users can walk around while waiting for an appointment. There are park benches and built in benches into planters for a more direct connection with nature.

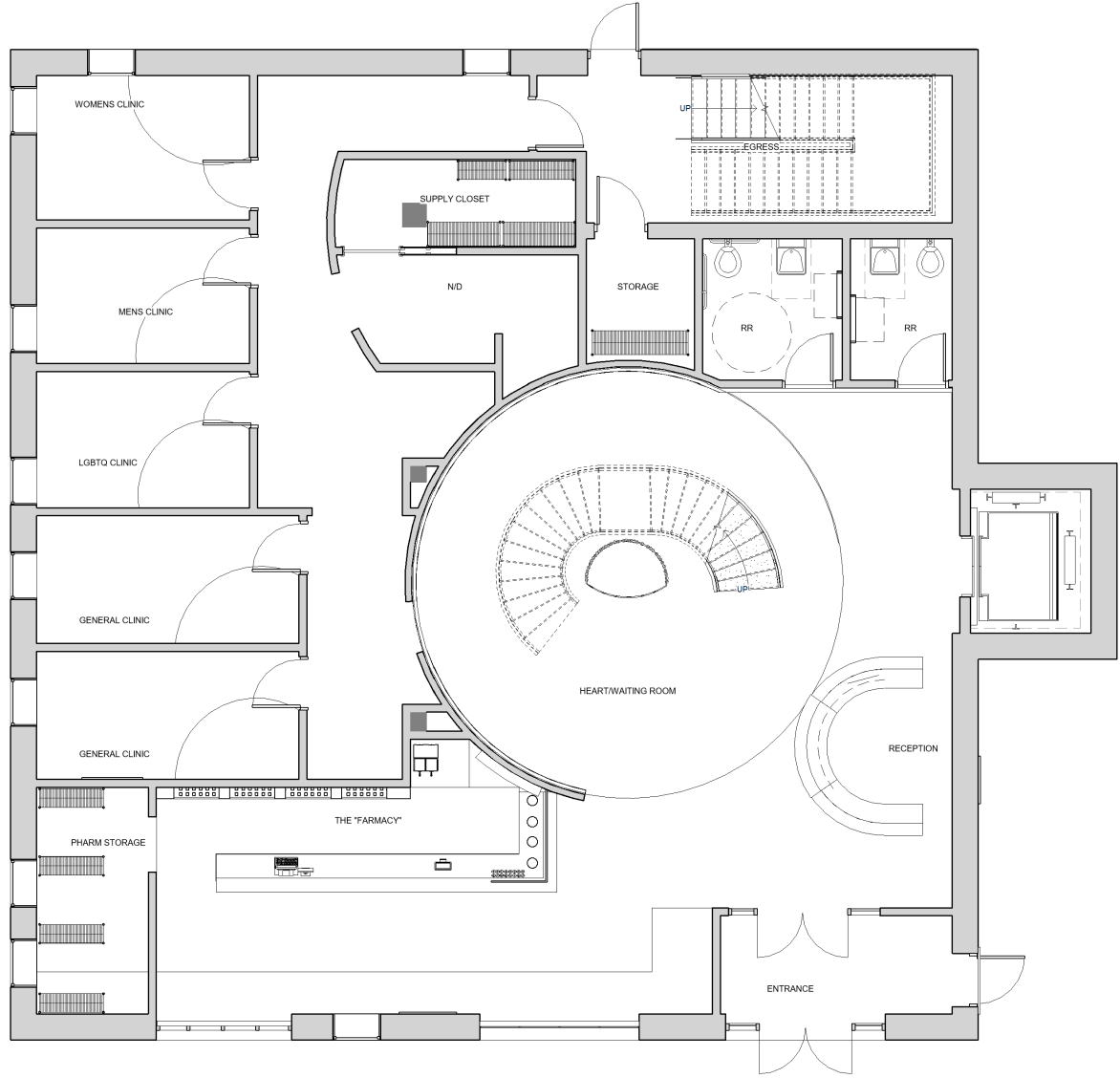


DESIGN DEVELOPMENT FLOOR PLANS

FIRST FLOOR PLAN

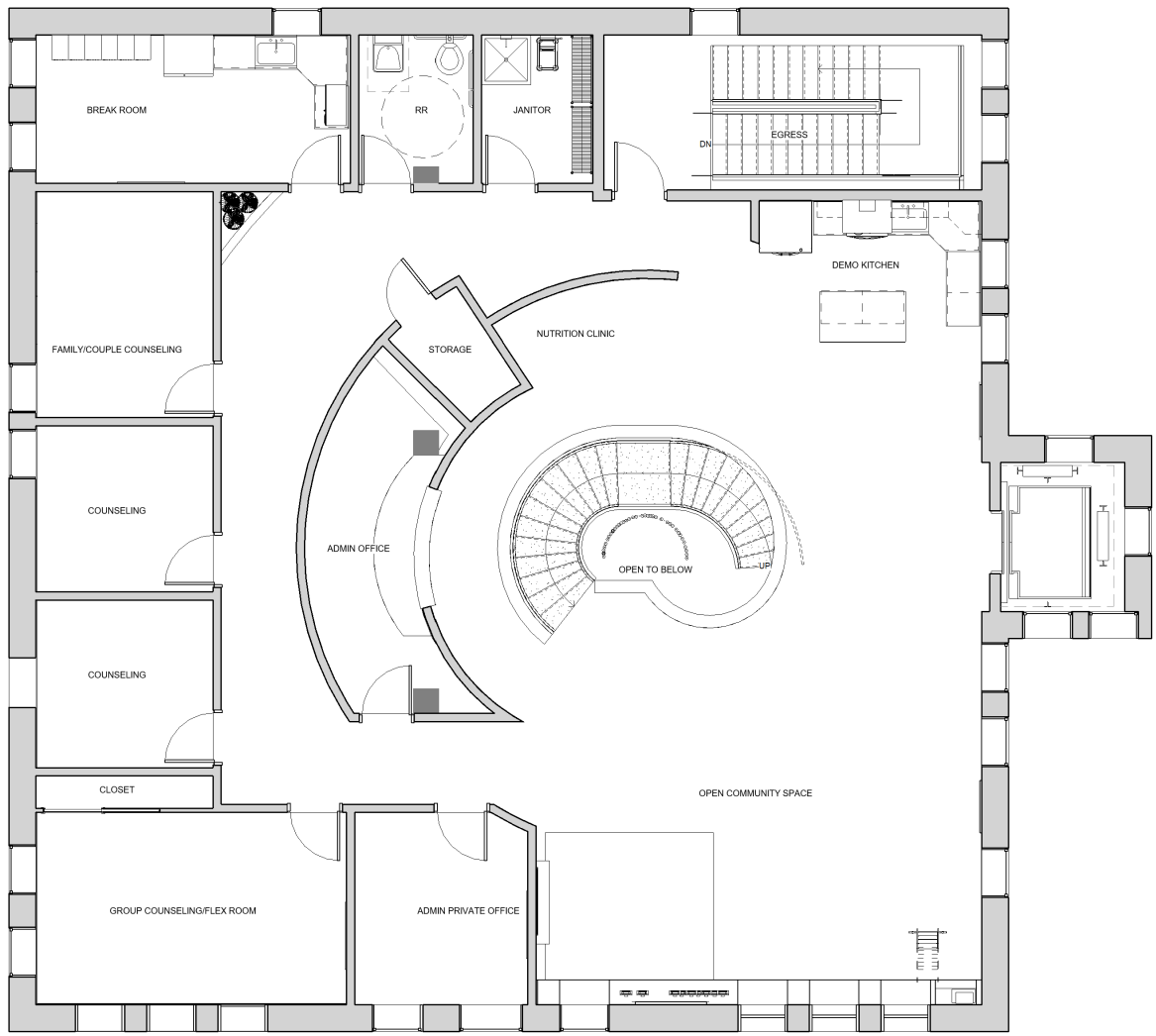
The first floor of Prosper features many opportunities of community engagement. The exterior of the old fire engine house was restored to have store front glazing in place of where the old fire doors went. They are weather proof, due to the types of weather Ohio gets around winter time. There is a weather lock entrance in place to keep either cool or warm air inside depending on the time of year.

The user is greeted at the reception desk where they are able to check in for their appointment or get more information. The public part of the first floor is an open floor plan to incorporate the Prospect biophilia principle.



SECOND FLOOR PLAN

The second floor plan is primarily a large open community space. The curved wall from the first floor waiting room is mirrored on the second floor. The curved walls represent the embrace of the community to the users of the space. The community space is a public area and higher energized than the rest of the second floor. The second floor is more private from the first floor. The therapy rooms are located on the far left of the building, farthest from the two forms of egress for better control of sound and to create more privacy for those rooms. This allows for the patients to relax and understand their sessions are confident and private.



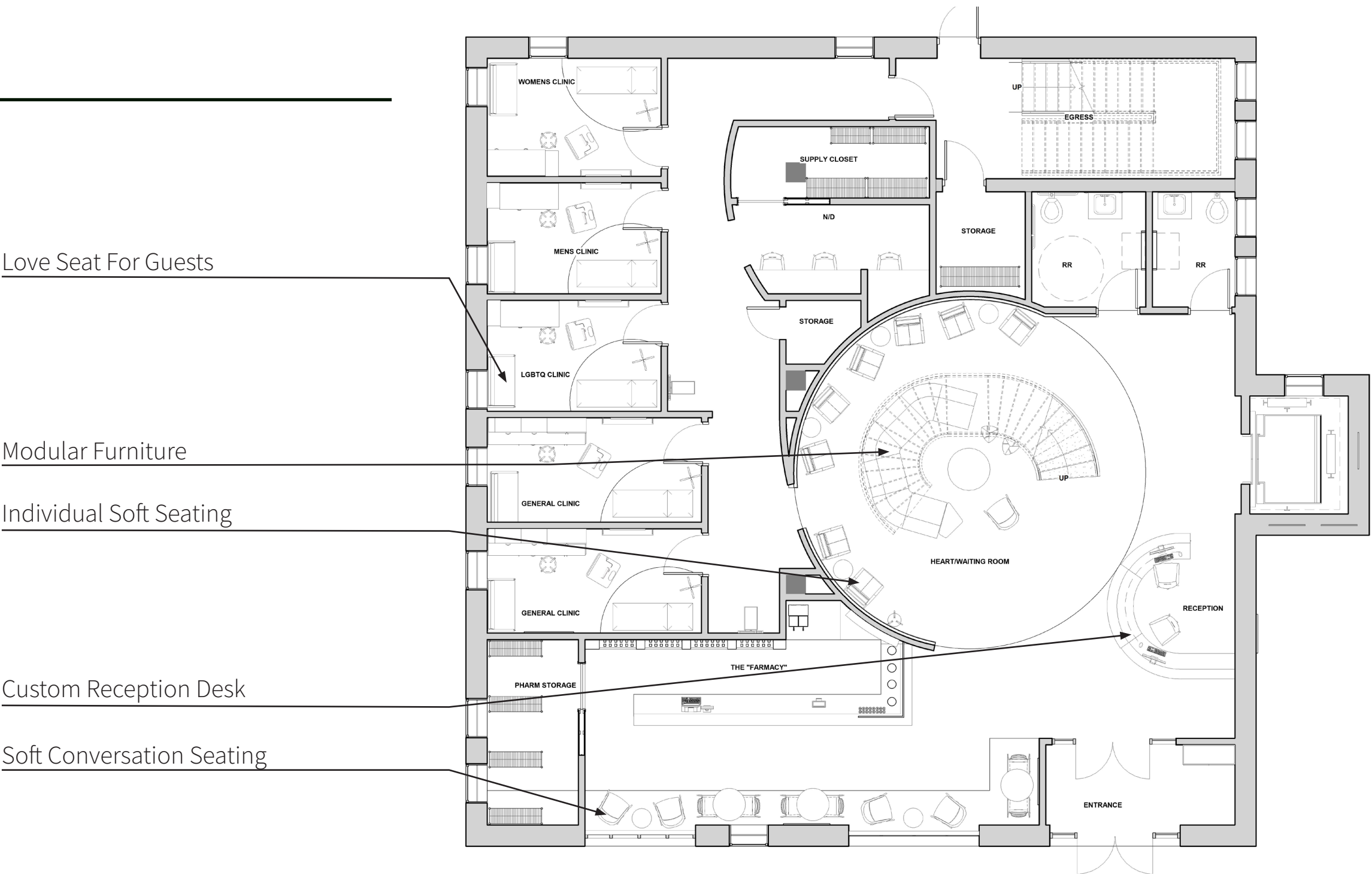
DESIGN DEVELOPMENT PLAN

FIRST FLOOR PLAN

One of Prosper's main goals was to create an environment for everyone to enjoy. Creating a simple way finding path ways is key in designing an inclusive environment. The reception desk is custom mill work. It was designed to curve into the entrance, so that it will be the first thing that a new user sees when walking through the door. The biophilia principle, prospect, was important in the layout of the first floor. A user will be able to see the waiting room, the Farmacy, the stairs, and the restrooms at first glance upon entering. The waiting room features modular furniture in the middle, mimicking the curves of the walls and the stairs, with soft seating outlining the space for individuals.

The Farmacy features cafe style two top tables for individuals to meet with a friend or eat their snack while they are waiting for their appointment to start.

The exam rooms feature an examination bed, mill work for the doctor/nurses and a love seat in each room for family members or others coming in for the appointment with the patient.



DESIGN DEVELOPMENT PLAN

SECOND FLOOR PLAN

The second floor plan is primarily a large open community space. The curved wall from the first floor waiting room is mirrored on the second floor. The curved walls represent the embrace of the community to the users of the space. The community space is a public area and higher energized than the rest of the second floor. The community space includes the check in for visitors and patients, a large area with diverse seating, and the nutrition clinic and kitchen. The second floor is more private from the first floor. The therapy rooms are located on the far left of the building, farthest from the two forms of egress for better control of sound and to create more privacy for those rooms. This allows for the patients to relax and understand their sessions are confident and private.

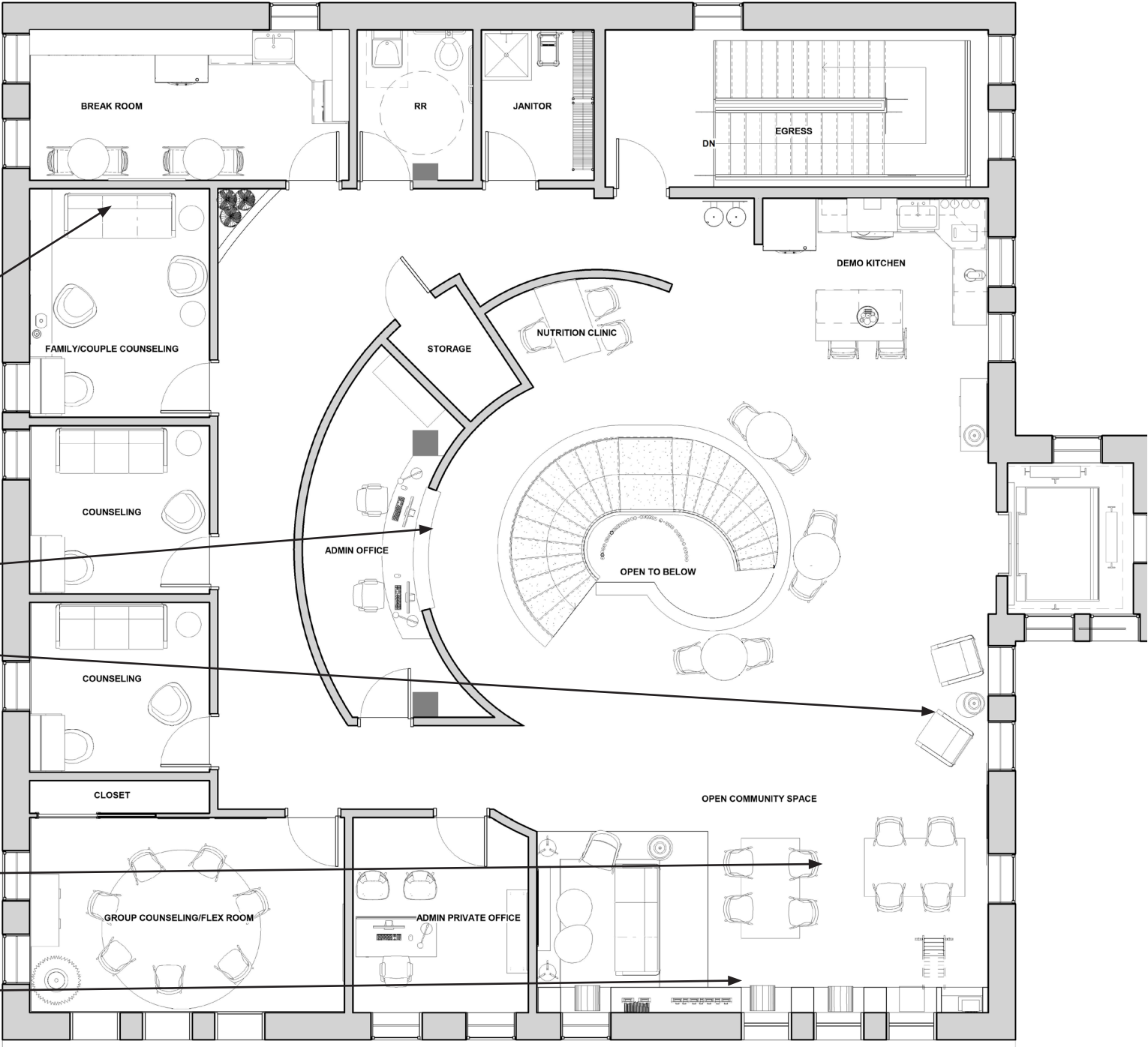
Soft Seating For Comfort

Custom Check in Counter

Conversation Furniture

Flexible and Diverse Seating

Custom made built in with book shelves and window seats

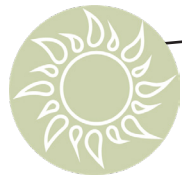
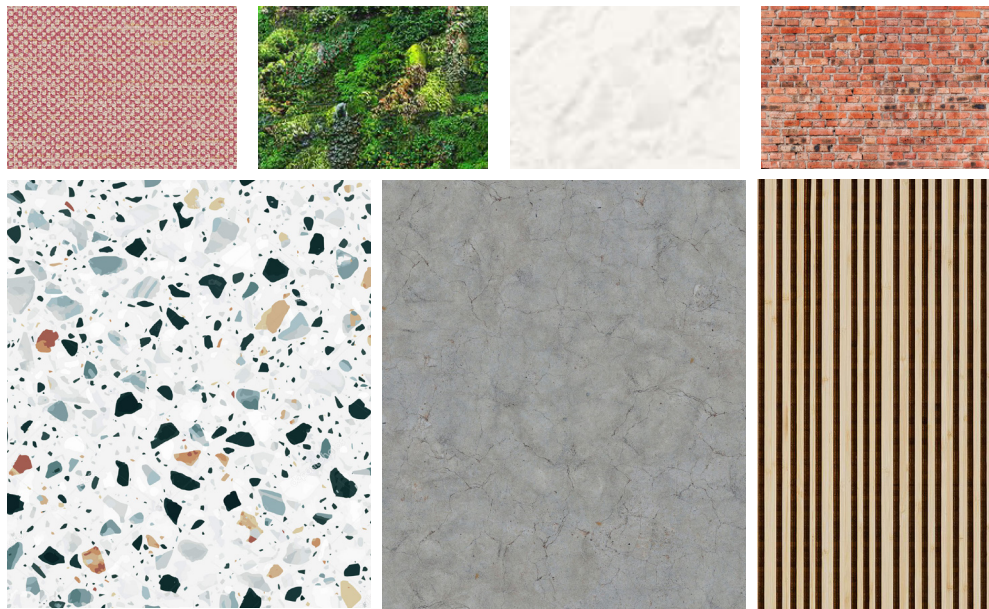


RECEPTION

PURPOSE OF THE SPACE

The reception is used as the main check in for the first floor. Here guests can check in for their medical appointments. The reception also acts as the information area where guest can learn more about Prosper and the services offered as well as directions on where to check in for the second floor therapy sessions. Once you check in at the reception, the receptionist will point you in the direction you need to go in.

MATERIALS USED



Second floor skylight brings down natural light to the waiting room



Views of nature can be seen through the large open curtain walls.



The receptionist at the desk will point the user in the direction they are needing to go.



Natural materials are throughout the space to connect users to nature



The first floor plan is an open concept allowing for the user to see at least 20 feet in front of them.



The reception desk is the first thing you see when walking into the space, using way finding to point the user in the correct direction.



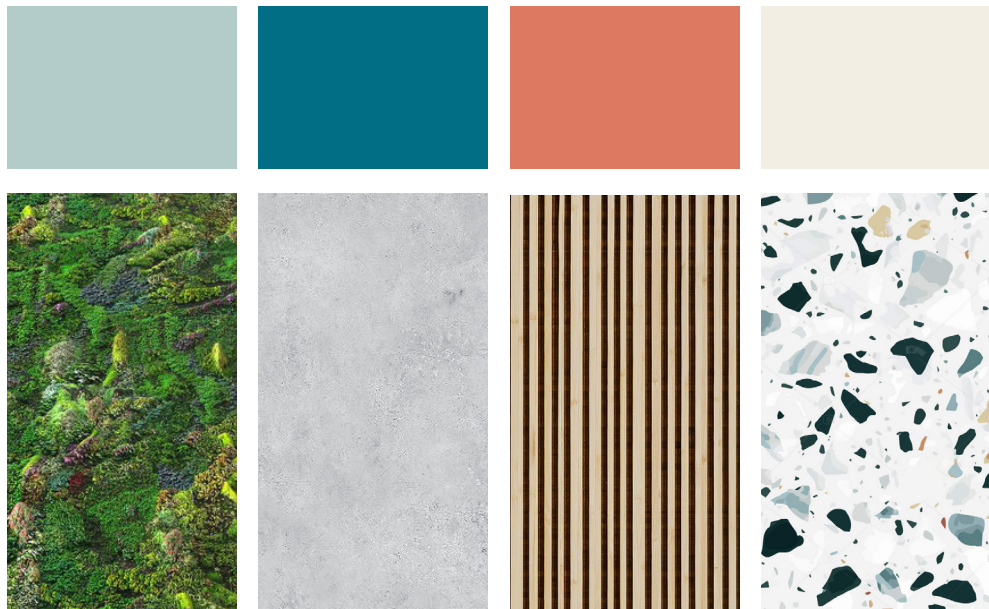
Positions like the receptionist job are offered to community members.

THE HEART/WAITING ROOM

PURPOSE OF THE SPACE

The heart of Prosper is the waiting room. This is an open room with a curved back wall to represent the community embracing the patients. The wall has a cutout in the middle to allow for a continuous line of nature in the space. Here community members can wait for their appointments, catch up with friends, or have a moment of peace to themselves. The nurse or doctor will come to the waiting room to get the patient for their appointment.

MATERIALS USED



Commissioned art piece in center made by local community artists



The waiting room is an open floor plan. Allowing users to see at least 18' in front of them. This is this biophilic principle "prospect in the built environment."



Prosper focuses on providing jobs to the community. We use local nursing schools to employ our nursing staff so they are already familiar with the community. This makes the patients feel more comfortable with the people taking care of them.



The waiting room is meant for a place of human connection. There is modular furniture in the middle for people to connect and individual seating on the exterior for private conversations.



Natural materials are throughout the space to connect users to nature and also provide a sense of calmness.



Second floor skylight brings down natural light to the waiting room



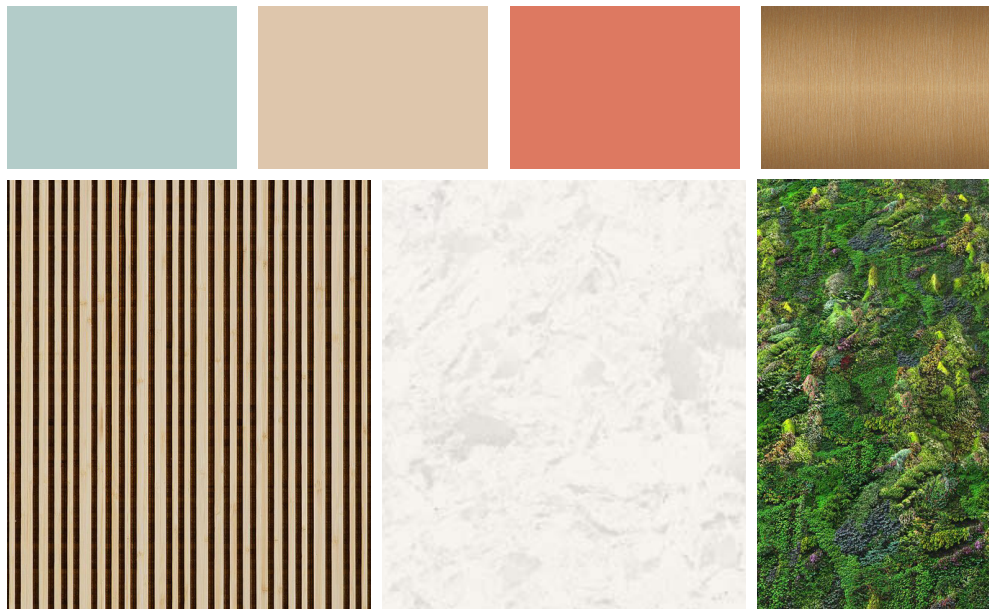
The waiting room is a safe space. Here users can come to seek help and be pointed in the direction of the refuge areas.

THE “FARM” ACY

PURPOSE OF THE SPACE

The Farmacy is a pharmacy and cafe in one. The pharmacy is here to provide drugs and medications to the people of Franklinton. The cafe provides nutritious meal options and beverages to the patients. Here is where you can learn more about the nutrition clinic and kitchen that is located on the second floor. There is cafe style seating along the exterior wall that is designated by a strip of pink along the floor line.

MATERIALS USED



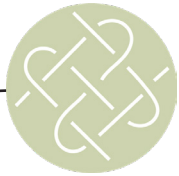
The public areas are all open and users are able to see into the next section.



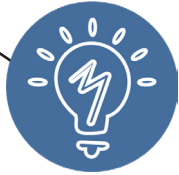
Community board is located in the pharmacy for users to see when events are happening in the community and stay connected to each other.



The Farmacy main purpose is to provide nutritious food and educate users about nutrition. Here patients can grab a snack or prepackaged meal to take home with them.



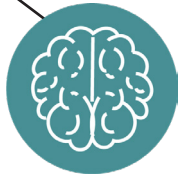
Natural materials are throughout the space to connect users to nature and also provide a sense of calmness.



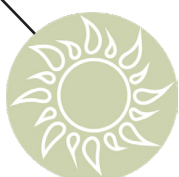
The Farmacy is a place people in the community can be employed. Services such as the barista, cashier, and stocker are available.



Direct view of nature



Pink is seen as an energizing and uplifting color, using this paired with a light blue will provide an environment that uplifts the emotions of the users. (Aceola, 2020)



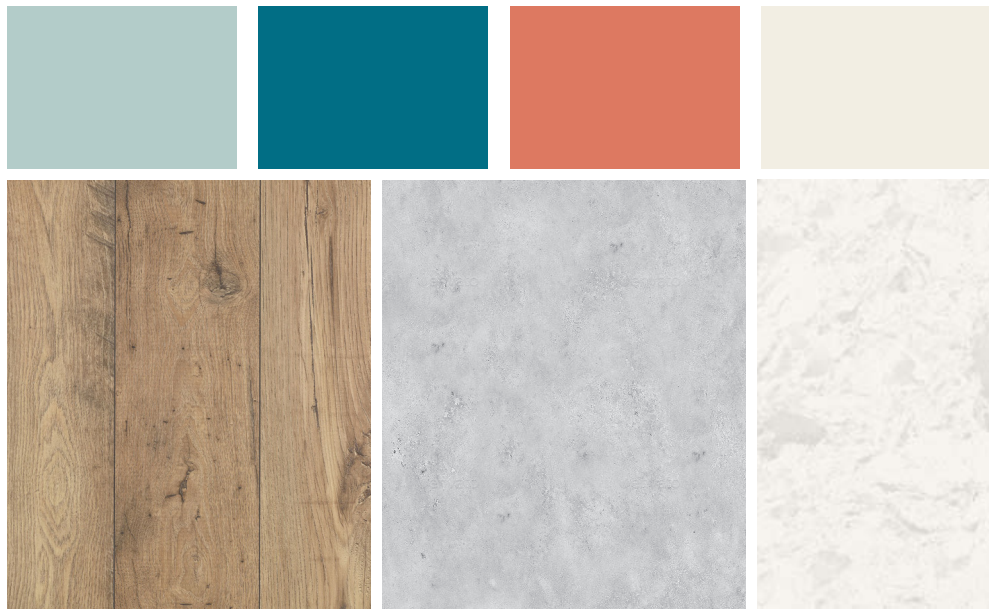
Second floor skylight brings down natural light to the waiting room

THE EXAM ROOMS

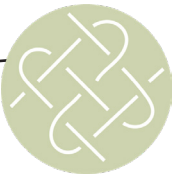
PURPOSE OF THE SPACE

The exam rooms provide services for mens health, womens health, LGBTQ health, and general health services needs. Here patients can meet with a doctor or nurse on staff to get screening, immunizations, and physicals to ensure they are healthy. There are computer screens attached to the wall that are connected to the nurses iPad. This is used to show the patient their charts in a large format so it is easier to understand.

MATERIALS USED



There is a direct view to nature outside of each exam room with a screen for privacy.



The use of wood in exam rooms calms the patient and creates a more at home feeling.



The clinics are seen as a safe space for patients to feel comfortable enough to open up to Prosper's employees.



Computer screens are on the wall that connect to the nurse/ doctors iPad. They are also utilized for telehealth meetings for those members of the community that cannot come into the doctor.



Blue is seen as a calming color that encourages trust. It is sectioning off the part of the room the patient is in. (Aceola, 2020)

THE COMMUNITY SPACE

PURPOSE OF THE SPACE

The community space takes up 50% of the floor plan on the second floor. This space is used as a waiting area for therapy sessions, a gathering space for community members, and is viewed as the “living room” of prosper. The built in book case provides supplies for arts and crafts, games, and books for reading. Here you can find photos of people from the community.

MATERIALS USED



Direct view of nature in every window seat.



There is a use of wood and a green wall in the community room to connect users to nature through materiality.



The window seats are individual seats of refuge. Here users are surrounded by walls that have sound absorbing materials to create a small quiet spot.



There are three types of seating in the community space to allow for diverse use. The built in supplies users with games, books, supplies for crafts, and photos of the community around them.



The second floor community room is an open concept allowing for users to see 18' in front of them.



The sun provides natural light coming through the windows during the day.



This is where people who are waiting for the therapy meetings will congregate. There are smaller areas where two people could sit and talk to connect in private.

THE NUTRITION CLINIC & KITCHEN

PURPOSE OF THE SPACE

The nutrition clinic is where a licensed nutritionist is able to sit down with a community member and talk about their health with them. Here the nutritionist can sign them up for a free personal cooking class that is held in the nutrition kitchen. The nutrition kitchen is also used for events that are taking place on the second floor.

MATERIALS USED



Almost every room in Prosper has many windows to bring in as much natural light as possible.



I used the teal color to block off where the kitchen is. The color green represents nature and healing. The color blue represents trust and loyalty. (Aceola, 2020)



Nutrition kitchen is in place for residents to get private lessons with a nutritionist on staff. The kitchen is also used for events happening in the community space.



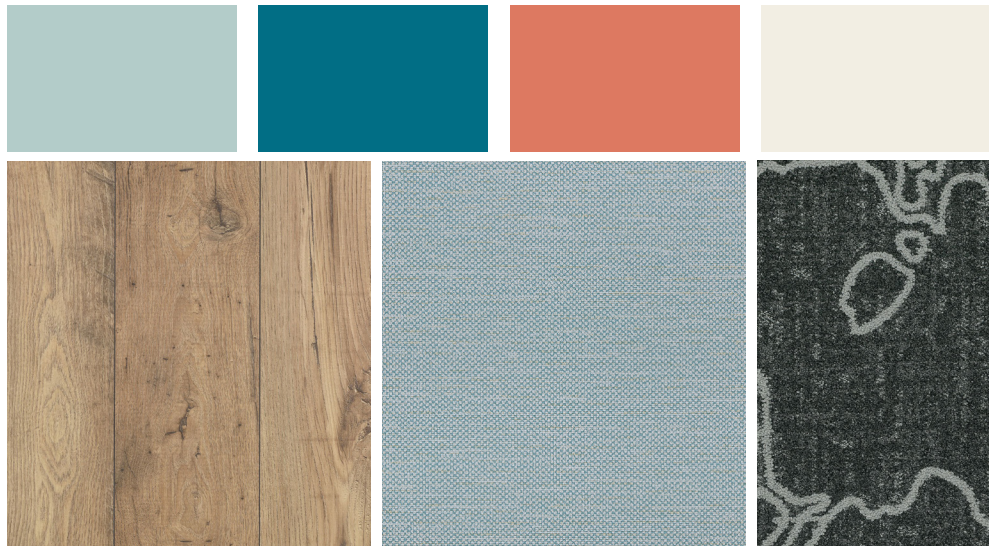
Here connections are made over food. Community members can gather around the kitchen and connect.

THE COUNSELING ROOMS

PURPOSE OF THE SPACE

The private counseling rooms are meant to be places of refuge for the community members. Here licensed therapists will meet with individuals or their families and provide services. The room uses fractals that are implemented into the carpet and the wallcovering to promote a sense of calmness in the therapy room. There is a desk that is used by the on site therapist. The other therapy rooms are not as large and only feature a lounge chair and couch.

MATERIALS USED



The room features images of nature, which provides a visual connection.

There are windows in each therapy room to provide access to natural daylight.



The therapy rooms are an area of refuge. They are spaces that people can feel comfortable in.



The primary focus of the therapy rooms are to provide mental health services to the community.



When in need of a safe place to be with friends, the therapy rooms are open for intimate community connection.



The use of natural materials and fractals in the wall covering creates a connection to nature for the users.

THE GROUP COUNSELING/FLEX SPACE

PURPOSE OF THE SPACE

Primarily this room is used for group therapy and local nonprofit meetings. On days that this room is not signed up for either of those events, this room can be used for an indoor physical activity space. Local yoga instructors can come and teach different classes here to the community. The space offers a large closet in the corner to store the folding chairs when they are not in use and the physical activity equipment.

MATERIALS USED



Natural daylight comes into the four windows of this room.



There is a direct view of nature outside of the window. A nature wall covering offers a direct view of nature as well.



The flex room offers a job opportunity for a local yoga instructor to come teach a class when this room is not in use for a group meeting.



The flex room provides a space for a large group of people from the community to gather. Non profits and other organizations can sign up to hold this room for their meetings



Providing a safe indoor activity room is crucial for community members to get their need of exercise.

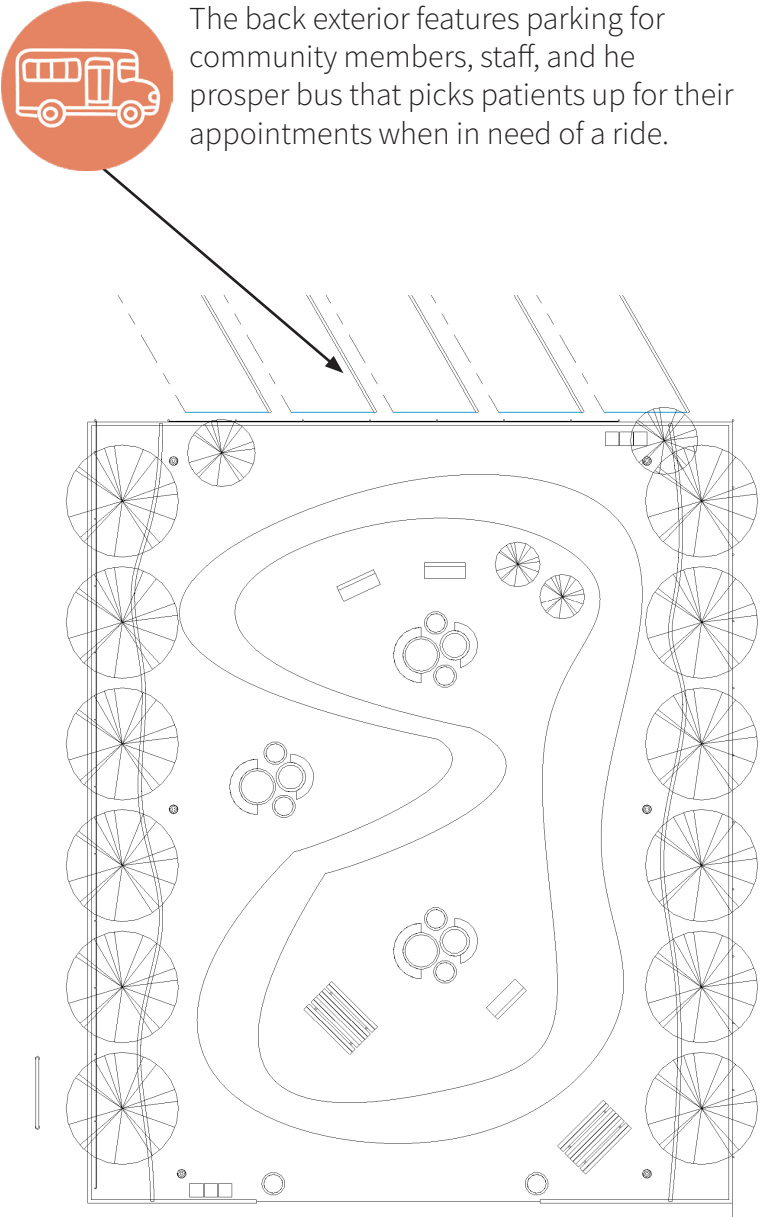


The primary focus of this room is holding group therapy meetings such as AA meetings.

EXTERIOR GARDEN & ACTIVITY

PURPOSE OF THE SPACE

The exterior garden and physical activity space provides a safe and secure spot for community members to get exercise. There is a walking track that weaves its way through the garden. The garden features plants that are local and native to Ohio. This garden serves as a community garden where members can come together and connect over their love for gardening. There are park benches and picnic tables for relaxation in the sun when the weather permits it. This outdoor area also features our parking area where the Prosper bus parks when bringing community members to their appointment if they are in need of a ride.



The exterior garden offers a job opportunity to gardeners and anyone else in the community that wants to help maintain the grounds.



Community connections can be made by exercising together or gardening together.



Providing a safe exterior space for physical activity is crucial for the community members to get their recommended amount of physical activity.



CONCLUSION

Prosper's main goal is to provide healthcare to everyone regardless of their socioeconomic status. We need to understand that healthcare is a human right, that everyone deserves it, and Prosper is here to achieve that one neighborhood at a time.

While Prosper is merely a conceptual design that is not a true representation of a wellness center, we do know from research done this would be a space that the community of Franklinton would benefit from. This space is in fact welcoming, inclusive, and open to everyone in the community, regardless of their socioeconomic status. Prosper fosters relationships amongst the residents by connecting them over health, food, and nature. The framework created, while could be expanded, are simple recommendations to implement in wellness centers that are focusing on achieving health equity in their community. Using elements such as the 14 patterns of biophilia, color psychology, and community support and connection, will provide a safe space for community members to gather. A post occupancy evaluation would need to be done

in order to understand the true impact these guiding principles have on a community-centric wellness center. The findings in this study could be used as a case study for other designers to keep in mind when designing future projects of this kind.

If I were to provide recommendations to future designers who are designing similar facilities to Prosper, I would recommend taking a look at the 13 recommended guidelines created in this framework. By implementing all of those guidelines, designers can create wellness centers focused on bringing the community together regardless of socioeconomic status. This would truly make the interior of those facilities have a greater impact on the community.

PERSONAL REFLECTION

My senior thesis project allowed me to create a healthcare environment for everyone, because I believe that healthcare is a human right. While this is something I believe in, I was able to create a project that my beliefs poured out of. I was able to form a connection and develop passion for this project. During this process, I was able to connect to various members in the Franklinton community and hear what their community needed. I used their needs and created an environment for everyone in the community to feel welcomed in.

This project taught me the importance of human connection. While creating my senior thesis project during a pandemic, human connection was not something that was happening often. I learned about the value of human connection and community connection, from personal experience while also connecting to members of the Franklinton Community.

This project also taught me the value of connecting the community to the design process, and then implementing

their thoughts and recommendations. Creating a community centric environment, I believe, is the way to creating meaningful designs, and can be implemented into more than just healthcare facilities. Doing so fosters deep roots into the community surrounding the facility.

I could not be happier that this project is the last of my college career as an undergrad. I have learned so much and would not be where I am today without Ohio State University's Department of Design.

Katherine Hunter

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